Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide. I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance though our home services department.
- 38,944 transportation rides for older adults through our senior transportation services.
- 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
- 293,103 community members that participated in socialization programming though senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback; it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

26th Annual Prime Time Expo
FREE HEALTH SCREENINGS, ENTERTAINMENT AND MUCH MORE!
October 11, 2022 | 8am-1:30pm | Embassy Suites
Transportation provided from City of Albuquerque Senior Center locations. See front desk staff for more information and to sign up.

Falls Risk Screening Event
This FREE screening event includes strength and balance tests, home safety education, shoe fit clinic, and education on how older adults can improve their balance and decrease the chances of a fall.
September 23, 2022 | 8am-12pm
Palo Duro 50+ Sports and Fitness Center
3351 Monroe NE 87110
For more information, call 505-880-2800

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.
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 - 11 am
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

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 - 3 pm
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 - 5 pm
Enhanced Fitness 8:15 am - 9:15 am
Reflexology 11 am - 1 pm
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.
How Problem Gambling Can Affect Families Presentation

Join Peopleworks-NM in a presentation that addresses problem gambling and how it affects adults and their loved ones.

Tuesday, September 20, 2022
9:00am-10:00am
Sign up at the front desk!

Blue Cross Blue Shield of N.M. Care Van

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10-11am. Visit with front desk staff for more information or to sign up and reserve your space.

Wednesday, September 28, 2022
8:30am to 11:00am
Transportation will be available!

FLU Shots

Come get your flu shot at the center Monday, September 19, 2022
11:00am-12:30pm
No appointment necessary.

provided by Walgreens

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.
Tuesday, September 27, 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, September 4th - Amistad  
Sunday, September 11th - La Raza  
Sunday, September 18th - Tino's Band  
Sunday, September 25th - Chile Bean Express

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**44th Annual Conference on Aging Watch Party!**

North Valley and the conference on aging are teaming up to provide a watch party complete with live entertainment featuring **Sonny's Boy 9/7 and Chunda 9/8**. Please join us for workshops that effect you and your loved ones! Visit with front desk staff for more information or to sign up so we know you'll be attending our event and register for the conference.  
**September 7th & 8th**  
8:00am-4:30pm

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**Monthly Birthday Party!**

Come Celebrate with us!  
**Tuesday, September 13, 2022**  
11:30am - 12:30am  
Sponsored by **CanoHealth**

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**Breakfast w/ Morada Assisted Living**

Enjoy a **FREE** breakfast courtesy of Morada Assisted Living. **Wednesday, September 21, 2022**  
8:00am – 9:00am  
**Menu (Regular breakfast will not be available)**  
- Southwestern Scramble (Scrambled Eggs with Onions, Peppers and Cheese) w/ Salsa on the Side  
- Crispy Bacon  
- Breakfast Potatoes  
- Flour Tortillas  
- Fruit Cup  
- Milk and Orange Juice  
- Coffee  
- Assorted Mini Danish

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**Volunteers Needed!**

North Valley Senior Center needs your help!  
We need help with our Sunday Afternoon Dances  
- Serving snack  
- answering phones/front desk  
- wrist bands  
- greeters  
Please consider volunteering we could really use the extra hands.  
For more information call 505-761-4025 or stop by the front desk.

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**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.**  
**Sign up at the front desk!**

Learn how to:  
- Reduce your fall risk factors  
- Increase your activity levels  
- Reduce your fear of falling
**Senior Day @ the State Fair Trip!**

**FREE ADMISSION!**

Monday, September 12, 2022  
Check in- 8:45am  
Depart- 9:00am  
Return- Approx. 2:00pm  
*Lunch at own expense*  
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, starting September 20, 2022**  
2:00pm-3:00pm  $1 per person

**NEW! Beginner Crochet Class**

Come learn how to crotchet with the North Valley's Happy Crafters Group. All you need is a 6mm J-hook needle. No experience necessary.  
**Wednesday, September 7**  
10:00am-12:00pm  
Sign up at the front desk!

**Friendship Coffee**

A cup of coffee shared with a friend is happiness tasted and time well spent.  
**Every Monday and Wednesday**  
8:30am-10:30am  
Thursday, September 15 & September 29  
10:00am-12:00pm  8:00am-9:00am  
Thank you to the following Sponsors:

**Abuelos y Ninos Movie Night in the Patio**

Come celebrate Grandparents Day with us! Bring your grandchildren or special youngster and enjoy a free movie. Refreshments will be served!  
**Tuesday, September 13**  
Movie starts at 4:00pm

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

**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, September 27, 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.
Join us for food, music and Fun!

NORTH VALLEY SENIOR CENTER

FALL HOEDOWN

THURSDAY,
SEPTEMBER 22, 2022
2:00PM-4:00PM

MUSIC BY: CHUNDA

Sponsored by
NORTH VALLEY AND THE CONFERENCE ON AGING ARE TEAMING UP TO PROVIDE A

Watch Party!

September 7th & 8th 8am-4pm

Live Music, Giveaways, Free Breakfast & Refreshments!

SONNY'S BOY

WEDNESDAY
SEPTEMBER 7, 2022
11:00 AM - 1:00PM

THURSDAY
SEPTEMBER 8, 2022
11:00 AM - 1:00PM

CHUNDA

WEDNESDAY AND THURSDAY
8:00 AM - 9:00 AM

FREE BREAKFAST

ICE CREAM SUNDAE AND PIE

LUNCH WILL BE SERVED
11:30AM TO 1:00PM
RESERVATIONS REQUIRED