

September 2023



Message from Our Director.

Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,

Director Anna Sanchez

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

Vacant, Coordinator

Debbie Gomez-Southworth, Office

Assistant

Jason Mercado, Program Assistant

Vacant, Program Assistant

Melinda Sena, Cook

Lexie Garcia, Kitchen Aid

Victoria Hernandez, General

Services

Special Dates & Announcements

9/4: Center Closed/Memorial Day

9/11: State Fair Trip

9/14 & 28: Medicare 101

9/21: Shot Clinic

9/26: GEHM Clinic

9/27 CareVan Event/Fall Festival /No Bingo

Accredited by



National Institute of
Senior Centers

Computer Lab available during business hours

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 (Pre-registration required)
Pottery 8:00 am - 11:30 am
Yang Tai Chi 9:30 am- 10:30am
Photo Club 10:00 am - 11:30 am 1st & 3rd
Tarde de Oro Dance Group 9:30am - 11:00am
Fishing Club Meeting 10:00am- 11:00am
Poker 12:00 pm - 4:00 pm
NEW: Tai Chi Chih 2:00pm - 3:00pm



Tuesday

Fitness Room 8:00 am -7:00 pm
Billiards 8:00 am - 7:00 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
Stained Glass Class 9:00 am - 12:00 pm
Guitar Jam Session 9:45 am- 11:45 am
New Member Orientation 2nd Tuesday 10:00 am - 11:00 am
NEW: Geriatric Massage 10:00am- 3:00pm (By Appointment)
Poker 12:00 pm - 4:00 pm
Canasta Hand & Foot 1:15pm - 5:00 pm
Dahn Yoga 3:15 pm - 4:15 pm
Zumba 5:30 pm - 6:30 pm



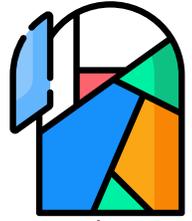
Wednesday

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 - 12:00pm
Poker 12:00 pm - 4:00 pm
Bingo 2:00 pm - 4:00 pm



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
Slow Stretch for Flexibility 10:00am - 11:00am
Poker 12:00 pm - 4:00 pm
Computers w/ Mike 1:00 pm - 2:00 pm
Canasta Hand & Foot 1:15 pm - 4:30 pm
Dance for Parkinson's 2:00 pm - 3:00 pm
Parkinson's Support/Advisory Group 3pm-4pm
Dahn Yoga 3:15 pm - 4:15 pm



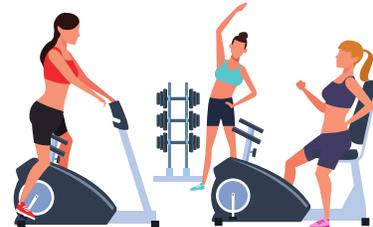
Friday

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 (Pre-registration required)
Chair Yoga 10:00 am-11:00 am
Poker 12:00 pm - 4:00 pm
Pottery Open Lab 12:00 pm - 3:00 pm
Yang Tai Chi 9:30 am- 10:30 am
Zumba 3:30 pm- 4:30 pm



Sunday

Fitness Room 12:30 pm - 4:30 pm
Billiards 12:30 pm - 4:30 pm
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.

North Valley Senior Center

will be
CLOSED

Monday, September 4, 2023

in observance of the
Labor Day Holiday



Senior Day at NM State Fair Trip

Monday, September 11, 2023

Check in - 8:45am

Return - approx. 3:00pm

Note: lunch
at your own
expense



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:



Medicaid and Extra Help Programs



In-person Help
Applying for
Medicaid

What to bring to your appointment:

Social security award letter or exact amount
you receive monthly before deductions
(Part B).

Exact retirement, pension, stock, annuity
income.

Electric, gas and water bills or account
numbers.

Amount of money in a checking, savings, or
retirement account, stocks, bonds.

What counts in resource limits?

Money in a checking, savings, or retirement
account, stocks, bonds.

States don't count:

Your home, one car, burial plot and up to
\$1,500 for burial expenses if you have put
that money aside, furniture and other
household and personal items.

**Make your appointment at
the front desk!**

Senior Citizen Law Office

Power of Attorney and General Legal Clinic.
Visit the front desk to schedule an appointment. Limited space available.



3rd Thursday of the Month
9:00am - 11:00am

Sunday Afternoon Dances

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



Sunday, Sept. 3rd - La Raza
Sunday, Sept. 10th - Chile Bean Express
Sunday, Sept. 17th - Antonio y los Unicos
Sunday, Sept. 24th - Latin Soul

Medicare 101

Deborah Bisnett will be on hand
to answer all your Medicare



questions! **Thursday,**
September 14 & 28, 2023

Medicare 9:00am-12:00pm

Shot Clinic!

Covid Vaccine and Covid Booster
No appointments necessary.

Thursay, September 21, 2023

9:00pm - 12:00pm

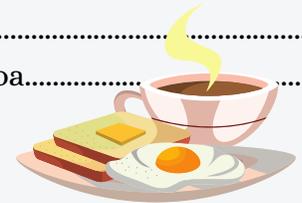
Sponsored by



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



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 26, 2023
9:00am - 12:00pm





Blue Cross and Blue Shield of New Mexico

CARE VAN® EVENT 9am-12pm

NO-COST FOOT CARE CLINIC AND MEDICARE 101 PRESENTATION



Blue Cross and Blue Shield of New Mexico

ONE ALBUQUERQUE

WEDNESDAY
SEPT. 27
North Valley Senior Center

Do you have difficulty trimming your toenails? Have your toenails professionally trimmed by a podiatrist in a private setting. No appointment required.
The Medicare 101 will take place from 10am - 11am inside the center.
Pre-registration is required for the presentation.

North Valley Fall Festival

WEDNESDAY, SEPTEMBER 27TH
DOORS OPEN AT 1:30PM-3:30PM
JOIN US FOR GAMES, FOOD AND FUN!

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
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 
4 Closed 	5 ♦ Cod Fish over brown rice w/ tarter sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tarter sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Carnitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sauteed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 1% milk 