

April 2022

Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast and AARP, AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Center Hours

Mon., Wed., Thur., Friday: 8am-5pm

Tues.: 8am-7pm Saturday Closed

Sun.: 12:30pm-5pm

**North Valley Senior Center
Staff**

Anita Hamel, Center Manager

Vacant, Coordinator

Daphne Flores, Office Assistant

Debra Gomez-Southworth,

Program Assistant

Viridiana Rodrigues-Flores,

Program Assisant

Melinda Sena, Cook

Maryann De La O, Kitchen Aid

Victoria Hernandez, General

Services

**Special Dates &
Announcements**

4/12: Trip Santuario de Chimayo,
Open House

4/14: Fall Recovery, Egg Decorating

4/21: Colcha Embroidery

4/26: Mi Plato para la Diabetes

4/29: Shot Clinic

Monday

Fitness Room 8 am -5 pm
Billiards 8 am - 5 pm
Table Tennis 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
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 8 am - 7 pm
Stained Glass Class 9 am - 12 noon
Guitar Jam Session 9:45 am- 11:45 am
Poker 12 noon - 4 pm
Open Computer Lab 1 pm -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
Table Tennis 10 am - 5 pm
Enhanced Fitness 8:15 am - 9:15 am
Pilates 8:30 am - 9:30 am
Arts & Crafts Sharing 9 am - 12 noon
Music w/ Caramba 10:30 am - 12:30 pm
Poker 12 noon - 4 pm
Open Computer Lab 1 - 3 pm
Bingo 2 pm - 4 pm
Chair Yoga 2 - 3 pm



Thursday

Fitness Room 8 am - 5pm
Billiards 8 am - 5 pm
Table Tennis 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
Open Computer Lab 1 pm - 3 pm
Dance for Parkinson's 2 pm - 3 pm 1st & 3rd
Dahn Yoga 3:15 pm - 4:15 pm

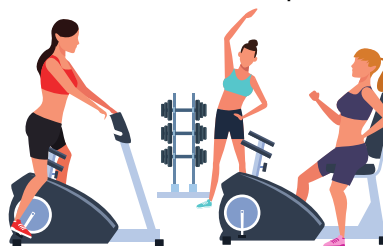
Friday

Fitness Room 8 am - 5 pm
Billiards 8 am - 5pm
Table Tennis 8 am - 5 pm
Enhanced Fitness 8:15 am - 9:15 am
Acupressure 9:00 am - 12 pm
NEW Reflexology 11 am- 1 pm
Poker 12 noon - 4 pm
Pottery Open Lab 12 noon - 3 pm
Open Computer Lab 1 pm - 3 pm
Tai Chi 9:30 - 10:30 am
Canasta Hand & Foot 1 - 4:30 pm
Board Games 2 pm
Chair Yoga 2 - 3 pm



Sunday

Fitness Room 12:30 pm - 5 pm
Billiards 12:30 pm - 5 pm
Table Tennis 12:30 pm - 5 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.

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:30pm

\$3 with current membership!



Sunday, April 3rd - Tino's Band

Sunday, April 10th - La Raza

Sunday, April 17th - Holiday (No Dance)

Sunday, April 24th - Rhythm Divine

Monthly Birthday Party!

Come Celebrate with us!

Tuesday April 26, 2022

10:00am - 11:00am

Sponsored by



OAK STREET HEALTH



Fitness Equipment Orientation

Need help learning to use the Fitness Equipment properly?

Call **505-880-2800** to schedule

your appointment with a Sports & Fitness team member.



New! Reflexology

What Is Reflexology?

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet (and possibly on your hands or ears) to help you feel better. The theory is that this eases stress, and that helps your body work better.



Every Friday

11:00am-1:00pm

Be BRAVE: a fall recovery class

Albuquerque Fire Rescue is proud to offer be BRAVE.

Be BRAVE is a dynamic discussion & practice 90-120 min. session aimed at discussing the fear of FALLING and its affect on daily life. The discussion will include but not limited to:

- Breathing (anatomy of breathing)
- Objective date: history of falls.
- Gait Strength and Balance
- Definition of a fall
- Fear cycles of falls
- How to get up off the ground
- Be BRAVE: Fall action plan
- Symptoms that are concerning
- Questions/comments

What to bring: Water, Layers & Secure shoes.

Thursday, April 14

1:00-3:30pm

please sign up at the front desk.



For more info. Contact Lt. Athena Valerio-Hirschfeld 505-768-3791

Friendship Coffee

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

Wednesday, April 6, 13, 20, and 27

8:30am-10:30am

Thank you to the following Sponsors:



OAK STREET HEALTH



Shot Clinic!

Covid Vaccine, Covid Booster
and FLU shot clinics.

No appointments necessary.

Friday April 29, 2022

9:00am-12:00pm

Sponsored by



Abuelos y Niño's Egg Decorating

The tradition of coloring eggs has a way
of bringing the whole family together for
a fun, carefree afternoon. Please join us
along with your grandchildren or special
youngster.

Thursday, April 14, 2022

1:00pm to 3:00pm

Sponsored by



Tarde do Oro

An exciting production that showcases
our rich, ever evolving and uniquely
colorful history of New Mexico through
dance.

Thursday, May 12, 2022

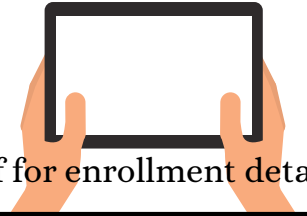
12:45pm

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



Loaner Tablet Program

To help bridge the widening digital divide, the
Department of Senior Affairs has partnered
with DiverseIT of Adelante to offer a loaner
tablet program to help adults age 60 and older
learn about digital technology and how to
navigate the internet.



Visit with center staff for enrollment details.

Encuentro Presenta

Talleres interactivos en español presentados
por educadores comunitarios de salud

Mi Plato para la Diabetes

martes, 26 de abril de 9:30 - 11:00 am



Regístrese hoy en la recepción o llame al
761-4025.

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 April 26, 2022

8:30am - 12:00pm

Reminder

EVERY DAY IS
BEAUTIFUL



NEW! Colcha Embroidery Class



Colcha Embroidery is a folk art characteristic of Northern New Mexico and Southern Colorado history, traditions and cultural expression. The cost is \$25 and includes fabric, yarns and needles as well as written materials of the Colcha Embroidery technique. Students only need to bring a pair of scissors.

Thursday, April 21

1:30 - 4:30pm

Cost: \$25

Instructor: Annette Gutierrez-Turk

Space is limited. Sign up at the front desk!

FLEA MARKET

Is Back!

Wednesdays

8:30 - 11:30am



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

Hot or Cold w/milk..... .70

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

Pancake Breakfast..... 1.00

Drinks

Orange Juice or Milk..... .25

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

Fitness Center Daily Closure!

Starting April 1, 2022

North Valley Fitness Center will be

CLOSED daily

1:30 to 2:00pm

for cleaning.



FREE Computer Classes!

Unsubscribe Me: How to Cancel, Pause or Change Online Subscriptions.

Wednesday, April 6, 2022

9-11am

Palo Duro Senior Center

Call **505-888-8102** to Register



Fact vs. Fiction: What's real on the internet?

Friday, April 22, 2022

10am- 12pm

Los Volcanes Senior Center

Call **505-767-5999** to Register

Unsubscribe Me: How to Cancel, Pause or Change Online Subscriptions.

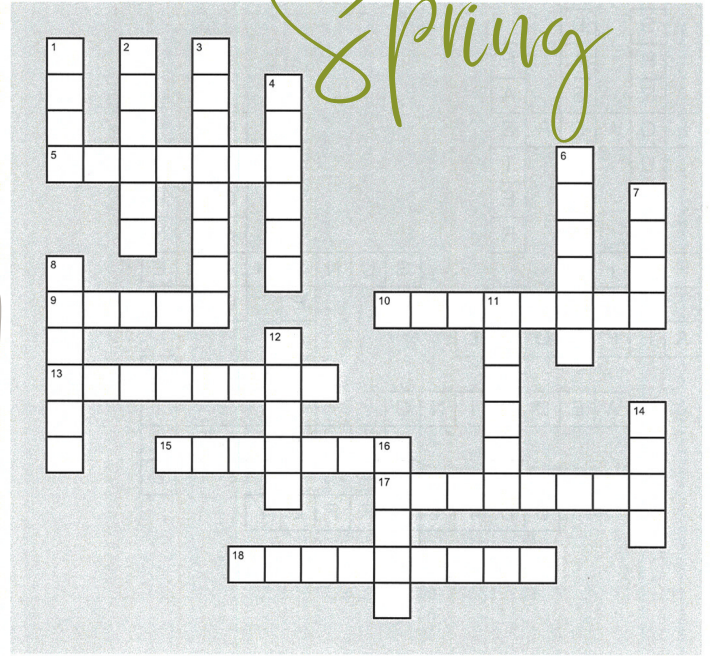
Friday, April 29, 2022

10am-12pm11am

Palo Duro Senior Center

Call **505-888-8102** to Register

HELLO Spring



ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ___ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant



Upcoming Trip!

Join us as we visit Santuario de Chimayo a National Historic Landmark

Tuesday April 12

8:30am-4pm

Space is limited.
Sign up at the front desk!



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

Open House

Music by
Amistad

**Join us for food,
music and Fun!**






















Tuesday, April
12, 2022
4:00 to 6:00pm

Sponsored by

April 2022

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.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>SPRING: A lovely reminder of how beautiful change can truly be"</i></p>				1
	5	6	7	8
Salisbury Steak w/Gravy Roasted Redskin Potatoes Vegetables Fruit 1% Milk 	Rotisserie Chicken Brown Rice Beets w/Onions Dinner Roll Fruit 1% Milk 	Turkey Chef Salad Orzo Pasta w/Red Peppers Croissant Pudding 1% Milk 	Frito Pie Vegetables Corn Chips Fruit 1% Milk 	Garlic Tilapia Pasta w/Diced Tomatoes Vegetables Fruit 1% Milk 
11	12	13	14	15
Sloppy Joe Tater Tots Vegetables Yogurt 1% Milk 	Egg Salad Sandwich Mediterranean Mixed Bean Salad Fruit 1% Milk 	Chicken Fajitas Spanish Brown Rice Vegetables Fruit 1% Milk 	Chicken Tender w/BBQ Sauce Steamed Potatoes Vegetables Fruit 1% Milk 	Baked Cod w/Tartar Sauce Orzo Pasta w/Black Olives Vegetables Chocolate Cake 1% Milk 
18	19	20	21	22
Carne Adovada Vegetables Pinto Beans Cookie 1% Milk 	Beef Fajitas Sweet Potatoes Vegetables Fruit 1% Milk 	Beef Patty w/Mushroom & Swiss Vegetables Hamburger Bun Fruit 1% Milk 	Spaghetti w/Meat Sauce Vegetables Fruit 1% Milk 	Southwest Omelet Stewed Tomatoes Hash Browns Fruit 1% Milk 
25	26	27	28	29
Bean & Rice Burrito topped w/Red Chile & Cheese Vegetables Cake 1% Milk 	Beef Tips w/Bowtie Pasta Vegetables Wheat Roll Fruit 1% Milk 	Baked Chicken Southern Black Eyed Peas Brown Rice w/Red Peppers Fruit 1% Milk 	Baked Ziti Steamed Green Beans Seasonal Vegetables Apple Sauce 1% Milk 	Roast Beef w/Gravy Parsley Potatoes Vegetables Fruit 1% Milk 

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.