

## August 2022

Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments! I hope you will join us, as we always look forward to visiting with you.

Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs



## Care Van Events

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 at senior and multigenerational centers.

**Transportation will be provided.** Visit with front desk staff for more information or to sign up and reserve your space today.

Event Dates:

- North Domingo Baca Multigenerational Center | Sept 28
- Highland Senior Center | Oct 7
- Manzano Mesa Multigenerational Center | Oct 20
- Los Volcanes Senior Center | Oct 28

## 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  
Daphne Flores, Office Assistant  
Debbie Gomez-Southworth,  
Program Assistant  
Vacant - Program Assisant  
Melinda Sena, Cook  
Maryann De La O, Kitchen Aid  
Victoria Hernandez, General  
Services

## Special Dates & Announcements

**8/4: Health Fair Trip**  
**8/11: End of Summer Bash**  
**8/15: Colcha Embroidery Class, Diabetes  
Cooking Presentation w/ Presbyterian**  
**8/16: Intro to Cake Decorating Class**  
**8/25: Be Brave: Fall Recovery Class**  
**8/30: Scams and Identity Theft 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  
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  
**New time!** 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  
Open Computer Lab 1 pm -3 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  
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  
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  
**New time!** Table Tennis 1:00 - 4:45pm  
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**



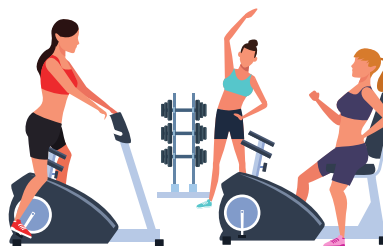
## Friday

Fitness Room 8 am - 5 pm  
Billiards 8 am - 5pm  
Enhanced Fitness 8:15 am - 9:15 am  
Acupressure 9:00 am - 12 pm  
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  
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.

## Scam and Identity Theft Presentation



Join Senior Citizens' Law Office to learn about spotting and avoiding scams and identity theft. Topics will include why scams succeed; common types to beware of; and tips to help protect yourself against fraud and identity theft.



**Tuesday, August 30, 2022**  
**9:00am-10:00am**  
**Sign up at the front desk!**

## Bilingual Conversations

Join our new language class! Beginner friendly classes in both English and Spanish. Participants will learn to read and write and acquire the skills needed to conduct simple conversations concerning daily needs.

*Hello  
Goodbye  
Thank you  
Please*



*Hola  
Adios  
Gracias  
Porfavor*

**Tuesdays and Thursdays in August**  
**9:30am - 10:30am**  
**Sign up at the front desk!**

## New Mexico Department of Veterans Services

**Last Monday of the Month**  
**12:30pm-4:00pm**

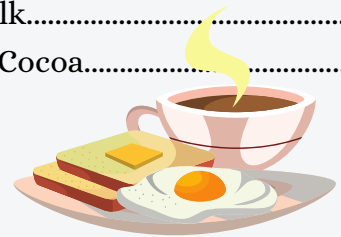
Here to help veterans and eligible family members with any state benefits and services.



## Breakfast Menu

**Served 8:00am to 9:00am**  
**Monday through Friday**

<b>Full Breakfast</b> .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
<b>Mini Breakfast</b> .....	.75
1 egg, 1 bacon. or sausage, hash browns, english muffin, toast or tortilla	
<b>Breakfast Burrito</b> .....	1.50
(chile optional)	
<b>A-la Carte</b>	
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
<b>Drinks</b>	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



## Shot Clinic

**Covid Vaccine and Covid Booster**  
**No appointments necessary.**

**Monday, August 22, 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, August 7th - Impression  
Sunday, August 14th - Paul Pino & Tone Daddies  
Sunday, August 21st - Tino's Band  
Sunday, August 28th - Enchanted 4

## Monthly Birthday Party!

Come Celebrate with us!  
**Tuesday, August 23, 2022**

**11:30am - 12:30am**

Sponsored by

Yvonne  
Candelaria w/

SENIOR  
HEALTH  
RESOURCE  
CENTER  
Lifetime Benefits LLC



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## Table Tennis

With the arrival of new fitness equipment Table Tennis will have a new home.

The table will be available in

**Room 3**

**Tuesdays 8:00am to 12:00pm,**

**Thursdays 1:00pm to 4:45pm, and**

**Room 4**

**Sundays 1:00 to 4:30pm**



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## 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.

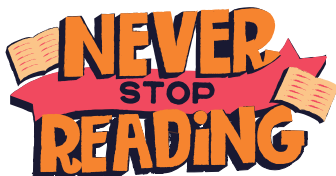


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## North Valley Senior Center Library

### Mystery, Romance, Drama Awaits!

Looking for a good book to read? Have you stopped by North Valley's library lately? Located just before the Billiards room, our library is for users to take books to read and donate books for others enjoyment. The library is open anytime during normal business hours.



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## Intro to Cake Decorating Class



Come learn the fundamentals of cake decorating! The class will cover topics such as sanitation, equipment, basic borders, application of frosting, and much more.

**Tuesdays, August 16- September 6**

**12:30pm-2:30pm**

Space is limited. Sign up at the front desk!



## Health Fair Trip!

**Los Griegos Health & Social Services**

**Thursday, August 4, 2022**

**9:30am-12:00pm**

**Transportation available.**

**Sign up at the front Desk!**



## Friendship Coffee

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

**Wednesday, August 3, 10, 17, 24 and 31**

**8:30am-10:30am**

**Friday, August 19, 2022**

**8:00am-9:00am**

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Thank you to the following Sponsors:

## Railyards Market TRIP!



**Sunday, August**

**21, 2022**

**10:00am-1:00pm**

**Sign up at the  
front Desk!**

**\*Lunch at own expense**

## NEW! Zhineng Qigong



Regular practice of Zhineng Qigong increases vital energy and unblocks the energy channels of the body to bring about a free flow of qi and blood. Both body and mind are used to improve health and heal illness.

**Fridays, starting August 19, 2022**

**10:00am - 11:30am**

**Rick Silver, Certified Instructor**

**Space is limited. Visit the front Desk!**

## Diabetes Cooking Presentation

Join us for a diabetes presentation and learn about healthy cooking and nutrition management. **Sign up at the front desk.**

Enjoy a live cooking demonstration!

**Monday, August 15, 2022**

**11:00am-12:30pm**

Presented by

**PRESBYTERIAN  
Community Health**



## 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, August 23, 2022**

**8:30am - 12:00pm**

## 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**



## North Valley Photo Group



Los Golondrinas - Charles Chavez

**The North Valley Senior Center Photo Group has been very active these past few months. We have taken photo trips to Santa Fe, Las Golondrinas, Encino NM, Botanica Gardens, Alb Zoo, Butterfly Pavilion, the Salinas Monuments, Bosque del Apache Reserve. We will be planning more photo trips during our meetings. We meet at the North Valley computer room on the 1st and 3rd Monday of the month. Time of meetings is 10am to 11:30am. Interested in photography please feel free to join us, we welcome all photographers and people interested in learning more about photography. We bring our photos to our meetings and help members with any problems they are having.**

## North Valley Happy Crafters Group



It is well known people who have a hobby are happy people.

If you crochet, knit or work with plastic canvas, whatever your craft, join us and be part of North Valley's Happy Crafters Group.

**Every Wednesday from 10am-12pm**

### RSVP Advisory Council

RSVP Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms. The council meets once a month at the Highland Senior Center. Call 505-767-5225 for more information.

## 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, **August 25, 2022**

**1:00-3:30pm**

please sign up at the front desk.

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



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  
ALBUQUE  
ROQUE**

# AUGUST 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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	5
<ul style="list-style-type: none"> <li>◆ Meatloaf w/ Tomato Gravy</li> <li>◆ Roasted Red Potatoes</li> <li>◆ Succotash</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Whole Grain Dinner Roll w/ Margarine</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Green Chile Chicken Enchiladas</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Philly Cheese Steak Sandwich</li> <li>◆ Steamed Carrots</li> <li>◆ Cinnamon Apples</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/ Marinara Sauce</li> <li>◆ Broccoli w/ Red Peppers</li> <li>◆ Seasonal Vegetable</li> <li>◆ Garlic Bread Sticks</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Salmon w/ Pineapple</li> <li>◆ Brown Rice Pilaf</li> <li>◆ Diced Beets</li> <li>◆ Seasonal Vegetable</li> <li>◆ Honeydew Melon</li> <li>◆ 1% Milk</li> </ul>
8	9	10	11	12
<ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork</li> <li>◆ Brown Rice</li> <li>◆ Fajita Blend Veggies</li> <li>◆ Green Peas</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheeseburger w/ Mushrooms</li> <li>◆ Seasonal Vegetable</li> <li>◆ Tater Tots</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Lime Fish Tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed Carrots</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy</li> <li>◆ Spinach w/ Onions</li> <li>◆ Sweet Potatoes</li> <li>◆ Watermelon or Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Alfredo</li> <li>◆ Zucchini w/ Red Peppers</li> <li>◆ Seasonal Vegetable</li> <li>◆ Fresh Peaches or Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>
15	16	17	18	<b>CHILLED MEAL 19</b>
<ul style="list-style-type: none"> <li>◆ Omelet w/ Red Chile</li> <li>◆ Stewed Tomatoes</li> <li>◆ Diced Potatoes</li> <li>◆ Whole Grain Biscuit w/ Margarine</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti W/ Meatballs</li> <li>◆ Green Beans</li> <li>◆ Seasonal Vegetable</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Roasted Pork Loin w/ Brown Gravy</li> <li>◆ Scalloped Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Whole Grain Roll</li> <li>◆ Pears</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pollock w/ Tartar Sauce</li> <li>◆ Brown Rice</li> <li>◆ Seasonal Vegetable</li> <li>◆ Green Peas</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Salad Sandwich on Whole Grain Bread</li> <li>◆ Fresh Cucumber Slices</li> <li>◆ Cole Slaw</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul>
22	23	24	25	26
<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Brown Gravy</li> <li>◆ Seasonal Vegetable</li> <li>◆ Mandarin Oranges</li> <li>◆ Roasted Rosemary Potatoes</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ Pork</li> <li>◆ Baked Beans</li> <li>◆ Whole Grain Roll</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Broccoli &amp; Red Peppers</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Chicken w/ Brown Rice Pilaf</li> <li>◆ Sweet Potatoes</li> <li>◆ Green Beans</li> <li>◆ Red Grapes</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spinach Lasagna</li> <li>◆ Seasonal Vegetable</li> <li>◆ Summer Squash</li> <li>◆ Garlic Breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Garlic Tilapia</li> <li>◆ Ancient Grain Blend</li> <li>◆ Brussels Sprouts</li> <li>◆ Corn &amp; Bell Peppers</li> <li>◆ Honeydew Melon</li> <li>◆ Cookies</li> <li>◆ 1% Milk</li> </ul>
29	30	31	Sept. 1	Sept. 2
<ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Corn Bread</li> <li>◆ Pinto Beans</li> <li>◆ Collard Greens</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef &amp; Vegetable Stir Fry</li> <li>◆ Buttered Noodles</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Fish &amp; Chips</li> <li>◆ Stewed Tomatoes</li> <li>◆ Warm Sliced Apples</li> <li>◆ Whole Grain Roll</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Alfredo</li> <li>◆ Steamed Broccoli</li> <li>◆ Seasonal Vegetable</li> <li>◆ Fresh Strawberries</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Tater Tots</li> <li>◆ Sliced Tomatoes</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul>

Music by  
**Chunda**  
**Oldies but Goodies**



# End of **SUMMER** Bash

Sponsored by



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

North Valley Senior Center  
Thursday, August 11, 2022  
1:30pm-3:30pm  
Social Hall