

### March 2022

Hello Community Members,

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverseIT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting [cabq.gov/seniors](http://cabq.gov/seniors) webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

Respectfully,

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

Vacant, General Services

### Special Dates & Announcements

**3/7: UNM Focus Group**

**3/10: Colcha Embroidery Class**

**El Plato Comer Saludable**

**3/15: Birthday Party**

**3/30: Como Comer Saludable para el Corazón**



Accredited by

National Institute of  
Senior Centers



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  
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  
Retablos Hispanic Folk Art 1 pm - 4 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 - 4:15 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, March 6th - Paul Pino

Sunday, March 13th - La Raza

Sunday, March 20th - Desert Springs

Sunday, March 27th - Tierra Fina

## 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**

## Monthly Birthday Party!

Come Celebrate with us!

**Tuesday March 15, 2022**

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

Sponsored by



**BlueCross  
BlueShield**



## UNM Focus Group

UNM is hosting focus groups in English and Spanish seeking shared experiences involving living a healthy lifestyle as an older adult. Help us gain perspective on healthy living and some of its challenges.

**March 7, 2022**

**10-11:30am**

**North Valley Center**

**Sign up at the front desk**



## Friendship Coffee

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

**Wednesday, March 2, 9, 16, 23 and 30**

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

Thank you to the following Sponsors:



**BlueCross  
BlueShield**

## Shot Clinic!

Covid Vaccine, Covid Booster  
and FLU shot clinics.

No appointments necessary.

**Monday March 21, 2022**

**1:00pm-4:00pm**

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**



## 50+ Senior Tech Fair

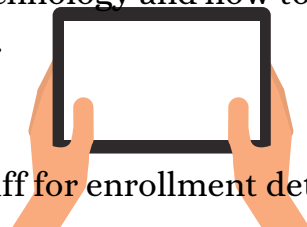
The Department of Senior Affairs and  
Adelante DiverseIT is hosting a highly  
anticipated, free to the public technology  
fair geared towards older adults age 50  
and older.

**The 50+ Senior Tech Connect Fair will be  
Friday, April 1, 2022, from 8:30am-12noon  
at North Domingo Baca Multigenerational  
Center.**



## 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

### El Plato Comer Saludable

jueves, 10 de marzo de  
9:30 – 11:00 am



### Como Comer Saludable para el Corazón

miércoles, 30 de marzo de  
1:30 – 3:00 pm

### 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 March 22, 2022  
8:30am - 12:00pm**





## 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, March 10th**

**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**



## Congratulations Terry Bixter!



Terry Bixter, an instructor at the North Valley Senior Center was recently awarded the "One Albuquerque Award" by Mayor Tim Keller. Terry is a volunteer and has provided stain glass classes free of charge to seniors at the center for the past six years. Last year seven of her students won ribbon awards at the NM State Fair. Many of Terry's students have been with her for several years. She adds, "I get great satisfaction in helping seniors bring out their creativity in making a stained glass work of art. Many learn new skills and discover talents they didn't know they had."

Please join North Valley Senior Center staff in congratulating Terry, she is definitely a valuable member of our community.



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**

# March 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><b>28</b></p> <p>Green Chile Chicken Posole Flour Tortilla Calabacitas Fruit 1% Milk</p> 	<p><b>1</b></p> <p>Turkey w/Gravy Cornbread Stuffing Vegetables Chocolate Chip Cookie 1% Milk</p> 	<p><b>2</b></p> <p>Red Chile Omelet Steamed Potatoes Collard Greens Fruit 1% Milk</p> 	<p><b>3</b></p> <p>Diced Pork Sweet Potatoes Vegetables Fruit 1% Milk</p> 	<p><b>4</b></p> <p>Baked Cod w/Tartar Sauce Steak Fries w/Ketchup Brownie 1% Milk</p> 
<p><b>7</b></p> <p>Beef Fajitas Flour Tortilla Spanish Rice Pinto Beans Fruit 1% Milk</p> 	<p><b>8</b></p> <p>Chicken Alfredo w/ Green Chile Green Beans w/ Mushrooms Garlic Bread Stick pudding 1% Milk</p> 	<p><b>9</b></p> <p>Baked Ham w/ Pineapple Glaze Brown Rice Steamed Carrots Yogurt 1% Milk</p> 	<p><b>10</b></p> <p>Beef Steak w/Grilled Onions Roasted Potatoes Crispy Roasted Brussel Sprouts Cookie 1% Milk</p> 	<p><b>11</b></p> <p>Baked Ziti w/Mozzarella Vegetables Garlic Bread Stick Fruit 1% Milk</p> 
<p><b>14</b></p> <p>Baked Chicken Mashed Potatoes w/ Gravy Vegetables Fruit Dinner roll w/Margarine 1% Milk</p> 	<p><b>15</b></p> <p>Minestrone w/Navy Beans Cornbread Vegetables Seasonal Fruit 1% Milk</p> 	<p><b>16</b></p> <p>BBQ Pulled Pork Tater Tots w/Ketchup Sliced Beets Vegetables Seasonal Fruit 1% Milk</p> 	<p><b>17</b></p> <p>Corned Beef Steamed Potatoes Steamed Cabbage Jell-O 1% Milk</p> 	<p><b>18</b></p> <p>Loaded Baked Potato Vegetables Apple Crumble 1% Milk</p> 
<p><b>21</b></p> <p>BBQ Chicken Thigh Baked Beans Corn Bread Fruit 1% Milk</p> 	<p><b>22</b></p> <p>Meatballs w/Marinara &amp; Cheese Tater Tots w/Ketchup Green Beans w/ Mushrooms Hoagie Bun Pudding 1% Milk</p> 	<p><b>23</b></p> <p>Turkey Pot Pie Steamed Potatoes Vegetables Apple Sauce 1% Milk</p> 	<p><b>24</b></p> <p>Red Chile Beef Enchiladas Spanish Rice Calabacitas Fruit 1% Milk</p> 	<p><b>25</b></p> <p>Cajun Tilapia Butter Noodles Vegetables Fruit 1% Milk</p> 
<p><b>28</b></p> <p>Salisbury w/Gravy &amp; Mushrooms Steamed Potatoes Vegetables Fruit 1% Milk Margarine</p> 	<p><b>29</b></p> <p>Chicken Tenders w/ BBQ Sauce Brown Rice Corn w/Peppers Dinner Roll w/ Pudding 1% Milk</p> 	<p><b>30</b></p> <p>Garlic Tilapia Angel Hair Pasta w/ Diced Tomatoes Steamed Green Beans Jell-O 1% Milk</p> 	<p><b>31</b></p> <p>Frito Pie Vegetables Fruit 1% Milk</p> 	<p><i>"Senior Affairs Nutrition Program is proud to be part of the <b>New Mexico Grown</b> state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."</i></p>