

May 2022

Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual "A Senior I Know" Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year's celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars "May the Fourth Be With You" Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque's older adults and the impact they have made on our community!

Best,

Anna Sanchez, Director
Department of Senior Affairs



Accredited by 
National Institute of
Senior Centers

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

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

5/17: BeBRAVE fall recovery class

5/21: Ageless Artisan Craft Fair

5/23: Shot Clinic

5/25: Senior Fitness Day

5/26: Older Americans Celebration

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
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 4:00pm

\$3 with current membership!



Sunday, May 1st - Paul Pino

Sunday, May 8th - Milagro

Sunday, May 15th - Enchanted 4

Sunday, May 22th - La Raza

Sunday, May 29th - Sonny's Boy

Monthly Birthday Party!

Come Celebrate with us!

Tuesday May 10, 2022

10:00am - 11:00am

Sponsored by

**SENIOR
HEALTH
RESOURCE
CENTER**
Lifetime Benefits LLC

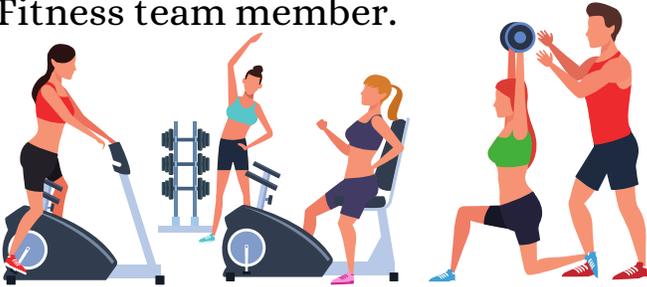


Fitness Equipment Orientation

Need help learning to use the
Fitness Equipment properly?

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

your appointment with a Sports &
Fitness team member.



Trip!

🌿 **EL RANCHO DE
LAS GOLONDRINAS**

Lavendar Festival

Saturday, June 18, 2022

9:00am- 3:00pm

Please sign up at the front desk.

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.

Tuesday, May 17, 2022

1:00-3:30pm

please sign up at the front desk.

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



Shot Clinic!

Covid Vaccine, Covid Booster and FLU shot clinics.

No appointments necessary.

Monday, May 23, 2022

1:00- 4:00pm

Sponsored by



Friendship Coffee

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

Wednesday, May 4, 11, 18, and 25

8:30am-10:30am

Thank you to the following Sponsors:



Mother's Day Dance

Mother's Day celebrates motherhood and is a day to make an extra-special effort to recognize and appreciate mothers' roles in our lives.

Free admission to all mothers with current membership!

Sunday, May 8, 2022

1:30 - 4:00pm

Sponsored by



DSA's Ageless Artisan Craft Fair

Featuring works from senior center artisans!

Saturday, May 21, 2022

9am to 1pm

North Domingo Multigenerational Center

Transportation available
Sign up at the front desk



FLEA MARKET

Is Back!

Wednesdays

8:30 - 11:30am



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 May 24, 2022

8:30am - 12:00pm



"The greatness of a community is most accurately measured by the compassionate actions of its members."

Coretta Scott King



Crossing Guards Needed!

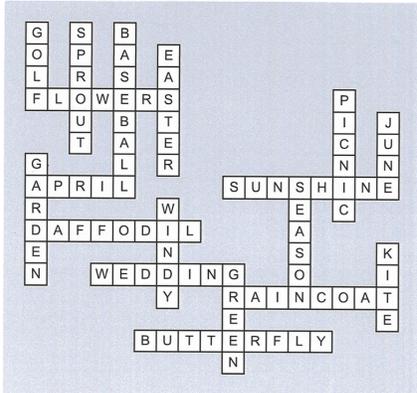


Crossing Guard

\$12.00 Hourly

For More information contact
 Yvette Sierra, Crossing Guard Supervisor
 505-379-9438/ysierra@cabq.gov
 Cross Guard Office 505-768-2670.

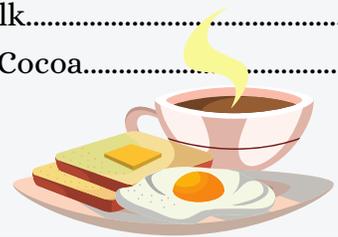
Crossword Puzzle Solution



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
(red or green 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
Cereal Hot or Cold w/milk.....	.70
Side of Chile (red or green).....	.25
Drinks	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



Older Americans Month Celebration



FREE
 continental
 Breakfast!

FOOD
 LIVE MUSIC
 CAR SHOW!

Sponsored by



Thursday, May 26, 2022
10am to 3:00pm



Lunch Reservations
 required by 1pm 5/25/22

Senior Health & Fitness Day!



Abq Bio Park
 Wednesday May 25, 2022
 9am to 12pm

Transportation available.
See front desk for more information!

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.

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Tender with BBQ Sauce Green Beans Sweet Potatoes Diced Peaches 1% Milk 	Salmon with Garlic Butter sauce Vegetables Brown Rice Vanilla Pudding 1% Milk 	Stir Fry: Beef/Broccoli/Pepper/Onions Seamed Carrots Orzo Banana 1% Milk 	Turkey Pot Pie: Turkey/Mixed Vegetables Diced Beets with Onions Biscuit Cantaloupe 1% Milk 	Southwest Omelet with Red Chile Diced Potatoes Stewed Tomatoes Applesauce 1% Milk 
9	10	11	12	13
Ground Beef/Diced Tomato/Cheese Calabacitas Pinto Beans Yogurt 1% Milk 	Cheese Tortellini with Meat Sauce Breadstick Vegetables Apple 1% Milk 	Sweet and Sour Pork with Pineapple Brown Rice Vegetables Honeydew 1% Milk 	Cajun Tilapia Vegetables Cornbread Strawberries 1% Milk 	Chicken Breaded Patty with White Gravy Mashed Potatoes Vegetables Orange 1% Milk 
16	17	18	19	20
Red Chile Beans with Beef Cornbread Peach Cobbler 1% Milk 	Baked Cod with Tartar Sauce Brown Rice Vegetables Pear 1% Milk 	Salisbury Steak with Mushroom/Gravy Vegetables Mashed Potatoes Chocolate Pudding 1% Milk 	Baked Chicken Thigh Collard Greens Succotash Pineapple Chunks 1% Milk 	Sliced Turkey w/Gravy Stuffing Beets w/Onions Yogurt 1% Milk 
23	24	25	26	27
Garlic Tilapia Stewed Tomatoes Green Beans Jell-O 1% Milk 	Spaghetti with Meat Sauce Spinach with Onions Warm Sliced Apples 1% Milk 	Carne Adovada Corn with Peppers Vegetables Honeydew 1% Milk 	BBQ Pulled Pork Sandwich Sweet Potato Fries Peas & Carrots Watermelon 1% Milk 	Mini Corn Dog with Mustard Steamed Potato Vegetables Cantaloupe 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.