

**February 2023**



North Valley Senior Center will be  
**CLOSED**  
Monday, February 20, 2023  
in observance of President's Day.

---

**The City of Albuquerque Senior Companion Program  
(SCP) Needs You!**

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members. All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of 10 hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage and meal reimbursements, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Get involved. Stay active. Make a difference for someone in need.  
Join SCP today. Call (505) 764-1007 for more information.

**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  
Viridiana Rodriguez-Flores,  
Coordinator  
Debbie Gomez-Southworth, Office  
Assistant  
Jason Mercado, Program Assistant  
Michelle Garcia, Program Assistant  
Melinda Sena, Cook  
Lexie Garcia, Kitchen Aid  
Victoria Hernandez, General  
Services

**Special Dates &  
Announcements**

**2/03: Beds for Pets by PMI**  
**2/12: Railyards Valentine's Market Trip,  
Valentine's Day Dance**  
**2/20: President's Day, Center Closed**  
**2/21: Mardi Gras Party**  
**2/22: NHCC Art Museum Trip**  
**3/01: diverseIT Computer Classes**

Accredited by



National Institute of  
Senior Centers

## 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  
 Pottery 8:00 am - 11:30 am  
 Tai Chi 9:30 am- 10:30 am  
 Photo Club 10:00 am - 11:30 am 1st & 3rd  
 Tarde de Oro Dance Group 9:30 am - 11:00 am  
 Fishing Club Meeting 10:00 am- 11:00 am  
 Poker 12:00 pm - 4:00 pm  
 NM Department of Veterans Services 12:30pm - 4:00pm  
 Last Monday



Computer Lab available during business hours



## 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  
 Poker 12:00 pm - 4:00 pm  
 Canasta Hand & Foot 1:15 pm - 4:30 pm  
 Dance for Parkinson's 2:00 pm - 3:00 pm 1st & 3rd  
 Dahn Yoga 3:15 pm - 4:15 pm

## Tuesday

Fitness Room 8:00 am -7:00 pm  
 Billiards 8:00 am - 7:00 pm  
**NEW TIME:** Table Tennis 8:00 am - 12:00pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Stained Glass Class 9:00 am - 12:00 pm  
 Guitar Jam Session 9:45 am- 11:45 am  
**NEW TIME:** New Member Orientation 2nd Tuesday  
 10:00 am - 11:00 am  
 Poker 12:00 pm - 4:00 pm  
 Reflexology 1:00 pm - 3:00 pm  
 Canasta Hand & Foot 1:15pm -5:00 pm  
**NEW:**Dance Class 2:00 pm-3:00 pm  
 Dahn Yoga 3:15 pm -4:15 pm  
 Zumba 5:30 pm - 6:30 pm



## Friday

**NEW TIME:** 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  
**NEW:** Chair Yoga 10:00 am-11:00 am  
 Poker 12:00 pm - 4:00 pm  
 Pottery Open Lab 12:00 pm - 3:00 pm  
**NEW:** Computers w/ Mike 1:00 pm - 2:00 pm  
 Tai Chi 9:30 am- 10:30 am  
 Zumba 3:30 pm- 4:30 pm



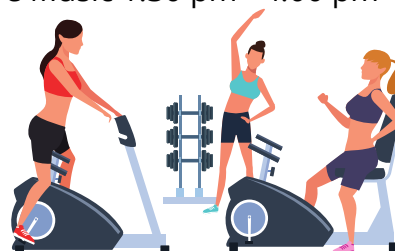
## Wednesday

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 - 12:30 pm  
 Poker 12:00 pm - 4:00 pm  
 Bingo 2:00 pm - 4:00 pm



## Sunday

Fitness Room 12:30 pm - 4:30 pm  
 Billiards 12:30 pm - 4:30 pm  
 Table Tennis 1:00 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.

# Monthly Birthday Party!

Come Celebrate with us!  
**Tuesday, February 7, 2023**

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

Sponsored by



## New Mexico Department of Veterans Services

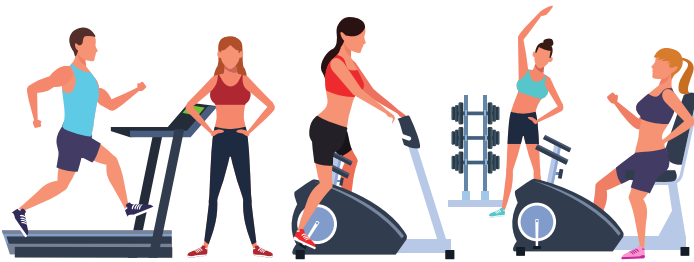
Here to help veterans and eligible family members with any state benefits and services.

**Last Monday of the Month**  
**10:00am-2:00pm**



## 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.



## Senior Citizen Law Office

Power of Attorney and General Legal Clinic.  
Call Senior Law Office at (505)265-2300 to schedule an appointment.

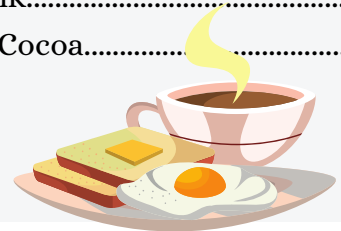
**3rd Thursday of the Month**  
**9:00am - 11:00am**



## 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, February 27, 2022**

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

Sponsored by



## AARP Tax-Aide

Tax Season is Here! AARP will be providing free tax assistance to seniors every **Thursday** from February 2, 2023 to April 13, 2023.

**Appointments are required and can be made over the phone by dialing 311.**



## Breakfast w/ Morada Assisted Living

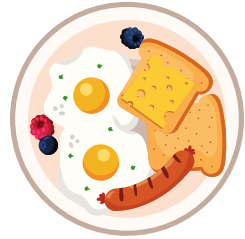
Enjoy a **FREE** breakfast courtesy of Morada Assisted Living.

**Wednesday, February 15, 2023**

8:00am – 9:00am



**\*Regular breakfast will not be available. Menu will be announced soon!**

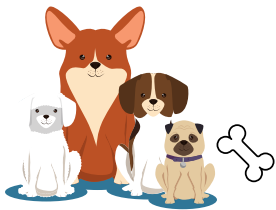


## Beds for Pets



Let's keep our furry friends warm! Pima Medical Institute veterinary students will be donating beds and blankets for your pets.

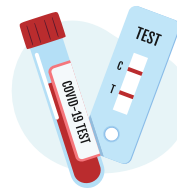
**Friday, February 3, 2023 from 10:00am - 12:00pm while supplies last**



## COVID-19 Tests



First Choice Community Clinic will be distributing at home COVID-19 tests and providing basic health information and resources.



**Monday, February 6, 2023**

9:00am-11:00am

## Computer Classes for Seniors

DiverseIT is working with the City of Albuquerque Department of Senior Affairs to provide **free computer classes to local seniors on a variety of topics.** Please join us to learn about technology and to become more comfortable using your computer.

**Fact vs. Fiction**

**Wednesday, March 1, 2023  
from 9:00am-10:00am**



**Gone Phishing**

**Wednesday, May 10, 2023  
from 9:00am - 10:00am**



## Chair Yoga

**\$5 per class**

### Benefits of Chair Yoga:

- Improves flexibility and concentration
- increases strength
- helps boost mood
- reduces stress and joint strain



**Every Friday 10:00am-11:00am**

**Interested? Sign up at the front desk!**





# Sunday Afternoon Dances

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



Sunday, February 5th - De Luz  
Sunday, February 12th - Latin Soul  
Sunday, February 19th - Paul Pino & Tone Daddies  
Sunday, February 26th - Amistad

# 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:



# Valentine's Market Trip



Love is in the air! Let's go shopping and support some local vendors for the first Valentine's Market at the Railyards  
**Sunday, February 12, 2023.**

**Check in - 9:45 am**

**Depart - 10:00 am**

**Return - Approx. 1:00pm**

**Sign up at the front desk!**



# Art Museum Trip

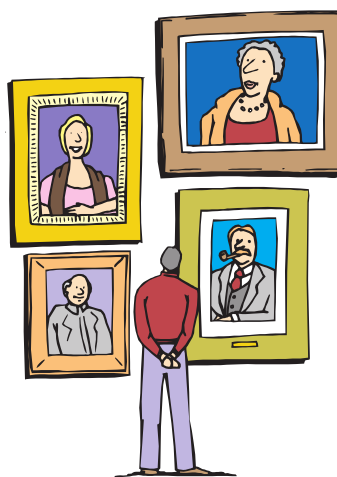
**Wednesday, February 22, 2023**

Let's go admire and learn about the beautiful artwork at the National Hispanic Cultural Center. Admission is free for seniors 60+.

**Check in - 9:30am**

**Depart - 9:45am**

**Return - Approx. 1:30pm**



# Sweetheart Dance

**Sunday, February 12th**

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

**Music by Latin Soul**

**\$3**



# 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, February 21**

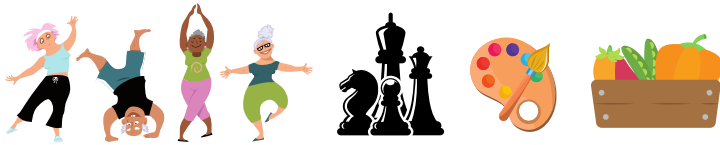
**9:00am - 12:00pm**





## New Programming

North Valley Senior Center is always looking for new activities and trips to offer. Please stop by the coordinator's office and let her know any ideas or suggestions you have.



**NEW!**

## North Valley Senior Support Group

Join the North Valley Senior Support Group. Seniors can share fears and frustrations, receive support without judgement and be reassured that others share similar problems.



**Interested in joining!**

**Please visit the front desk for more information.**

**NEW!**

## Tai Chi Chih

Tai Chi Chih is a mindfulness moving meditation. It is composed of only 19 moves and one pose. Everyone is welcome to join at no charge.

Donations welcomed!



### Benefits of Tai Chi Chih:

- Peace of mind
- improves health
- brings joy

**Mondays starting March 6, 2023**

**from 2:00pm-3:00pm**

**Sign up at the front desk!**



## Coffee with Constituents

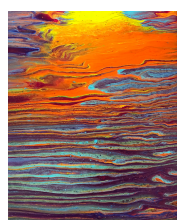
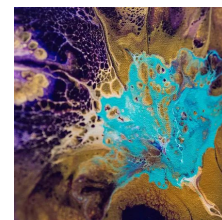
Center members are encouraged to visit with **Senior Affairs Director, Deputy Director and Associate Directors during Coffee with Constituents.** This provides an opportunity for you to discuss any concerns, ask questions as well as a time to share what is important to you with members of the Senior Affairs leadership.

Join the next Coffee with Constituents on **Monday, March 20, 2023, at 12:00pm**  
**North Valley Senior Center.**

## Fluid Acrylic Art Therapy

w/ local artist Barb Cloud

Come be an artist! This art class is therapeutic fun and relaxation with acrylic paint colors. **No experience necessary!** Just bring a great attitude and an old t-shirt/apron and join the fun!  
**Friday, March 24, 2023 from 10:00am - 11:30am.**



**\$20 session includes 8 x 10 canvas, paint, and materials needed. Sign up at the front Desk!**

## Meet and Walk

North Valley Senior Center is looking to start a walking club. Seniors would meet 2-3 times a week at a chosen location and walk together. All levels are welcomed to join.

Interested?

Visit the front desk!

\*Walking will take place at nearby locations like Los Poblanos Farm and Rio Grande Nature Center



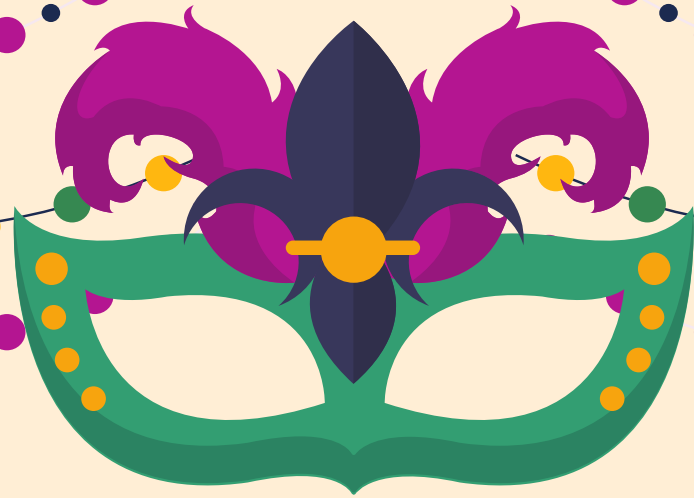
The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<ul style="list-style-type: none"> <li>◆ Salmon</li> <li>◆ Rotini Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Beef Enchilada</li> <li>◆ Spanish Rice</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Steamed Zucchini</li> <li>◆ Garlic Breadstick</li> <li>◆ Greek Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Oven Fried Chicken</li> <li>◆ Roasted Sweet Potatoes</li> <li>◆ Collard Greens</li> <li>◆ Dinner Bread</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Ham &amp; Potato Soup</li> <li>◆ Roasted Corn &amp; Red Peppers</li> <li>◆ Cherry Cobbler</li> <li>◆ Biscuit</li> <li>◆ 1% Milk</li> </ul> 
6	7	8	9	10
<ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Seasonal Vegetable</li> <li>◆ Garlic Breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Mashed Potatoes</li> <li>◆ Roasted Brussel Sprouts</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ BBQ Pork Chop</li> <li>◆ Baked Beans</li> <li>◆ Collard Greens</li> <li>◆ Seasonal Fruit</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Beef Enchilada</li> <li>◆ Spanish Rice</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded Cod</li> <li>◆ Buttered Pasta</li> <li>◆ Spinach</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
13	14	15	16	17
<ul style="list-style-type: none"> <li>◆ Swedish Meatballs</li> <li>◆ Brown Rice</li> <li>◆ Seasonal Vegetable</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Flour Tortilla</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Catfish</li> <li>◆ Sweet Potatoes</li> <li>◆ Seasonal Vegetables</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Mashed Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Pineapple</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Spinach Lasagna</li> <li>◆ Steamed Carrots</li> <li>◆ Garlic Breadsticks</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
20	21	22	23	24
<p><b>Closed</b></p> 	<ul style="list-style-type: none"> <li>◆ Egg Omelet</li> <li>◆ Stewed Tomatoes</li> <li>◆ Seasoned Potatoes</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red Chile Pork Posole</li> <li>◆ Pinto Beans</li> <li>◆ Spinach</li> <li>◆ Tortillas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Tater Tots</li> <li>◆ Coleslaw</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon</li> <li>◆ Angel Hair Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Pumpkin Pudding</li> <li>◆ 1% Milk</li> </ul> 
27	28	1	2	3
<ul style="list-style-type: none"> <li>◆ Salisbury Steak</li> <li>◆ Roasted Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef Fajitas</li> <li>◆ Tortilla</li> <li>◆ Spinach</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Seasoned Baked Chicken</li> <li>◆ Mashed Potato</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chile Dog w/Cheese</li> <li>◆ Tatar Tots</li> <li>◆ Seasoned Roasted Corn</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cajun Garlic Butter Tilapia</li> <li>◆ Orzo w/ Diced Tomatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 

**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.**



North Valley Senior Center

# MARDI GRAS PARTY 2023

Tuesday, February 21st, 2023

2:00pm to 4:00pm  
Food, Music, Fun  
Music by Enchanted 4

Sponsored by



OAK  
STREET  
HEALTH