

August 2021

Hello,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well. Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



In Memoriam

As most of you know our center lost four members in the early morning hours of June 26, 2021. Mary Sisneros-Martinez and her husband Martin Martinez; and Susan Montoya and her husband John Montoya were killed in a tragic hot air balloon accident on the West Side of Albuquerque. Mary was our lead Zumba instructor. All were wonderful people and will be greatly missed by our community. We offer our sincere condolences to their families and will keep them in our thoughts and prayers.

Remember Me

**Remember me when I am gone
But not with sorrow, pain and grief.
Think of me as a turning leaf
That in the winter falls from its branch
To be born again in spring and live
forever in your heart.
- Christine Currah**

Accredited by 
National Institute of
Senior Centers



Celebrating 86 years of Social Security!

Come and celebrate with a live Mariachi band and a slice of birthday cake!

Friday, August 13th

11:00am - 2:00pm

Join us for this FREE event!



Mini Health Fair

A convention of free health booths and a free shot clinic.

Tuesday, August 30th

9:00am - 11:00am

Sponsored by Presbyterian



Daytime Dancing on Gov-TV

Tune into GOV-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs featuring Chile Bean Express on August 8th at 3 p.m. and 7 p.m.



Monthly Birthday Party!

Come Celebrate with us!

3rd Thursday

9:00am - 9:30am



Blood Pressure Screening

Do you have high blood pressure?

How would you know?

Often there are no obvious signs until it's too late.

High blood pressure increases your risk of heart attack, kidney disease, vascular dementia and stroke.

Join us for
FREE

blood pressure screening.

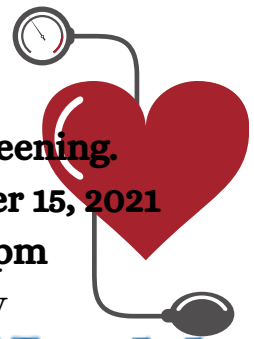
Wednesday, September 15, 2021

9:00am - 12:00pm

Sponsored by



CanoHealth



Sunshine is the best medicine





Is Back!

Wednesdays 2:00pm - 4:00pm

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:30pm

\$3 with current membership!



Sunday, August 1 - Chile Bean Express

Sunday, August 8 - Desert Springs

Sunday, August 15 - Milagro

Sunday, August 22 - Rhythm Divine

Sunday, August 29 - De Luz

Tuesday Night Zumba

Tuesdays beginning September 7, 2021.

5:30 - 6:30pm

\$4 per session



Enhanced Fitness!

Enhance Fitness - Evidence based group fitness class which includes strength training, flexibility, balance and aerobic training designed for older adults. Classes start August 2nd.

If interested or would like more info., please contact Henrietta Duran at mshendyd@gmail.com or text message her at 505-989-4410.

Monday, Wednesday & Friday 8:15 - 9:15am.



Flu Shots available

Wednesday, August 18th &

September 1, 2021

9:00am - 12:00pm

Sponsored by Walgreens

Hand and Foot Canasta is coming to North Valley!

Come one and all to learn the card game of Hand and Foot Canasta. It is fun, easy to learn and addicting!

If interested 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.

Thursday September 9 & Tuesday, September 21

10:00am-11:30am

please sign up at the front desk.



Home Engagement Alternative Response Team

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

"We survived 2020!"

Come and join us for a light-hearted presentation about being a senior in 2020.

Thursday, August 18th

10:00am-11:00am

please 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 25th &

Tuesday, August 31st.

9:00am-11:00am

Sponsored by
Senior Health
Resource Center



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.

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 10 am - 11:30 am
 Fishing Club Meeting 10 am- 11am
 Poker 12 noon - 4 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 (September)



Wednesday

Fitness Room 8 am -5 pm
 Billiards 8 am - 5 pm
 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



Thursday

Fitness Room 8 am - 5pm
 Billiards 8 am - 5 pm
 Table Tennis 8 am - 5 pm
 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
 Oil Painting Group 9 am - 12 noon
 Acupressure 8:00 am - 12 pm
 Poker 12 noon - 4 pm
 Pottery Open Lab 12 noon - 3 pm
 Open Computer Lab 1 pm - 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



North Valley Senior Center Monthly Lunch Menu

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.



August



MONDAY

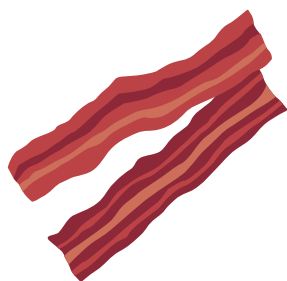
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2. Meatloaf w/Tomato Gravy Roasted Red Potatoes Cupped fruit	3. Philly Cheese Steak Macaroni Salad Green beans Hoagie Bun	4. Green Chili Chicken Enchilada Pinto Beans Spanish Rice Orange	5. 5 Cheese Tortellini w/marinara Garlic bread Broccoli	6. Hawaiian Salmon w/Pineapple Rice Pilaf Diced Beets
9. Sweet & Sour pork Orzo w/Fajita blend Green Peas	10. Cheeseburger w/Mushrooms Pinto Beans Fries Banana	11. Lime Fish Tacos Calabacitas Tortilla Cherry Cobbler	12. Beef Tips w/Gravy Spinach Sweet Potato Applesauce	13. Chicken Alfredo Normandy Bread Garlic Bread Watermelon
16. Omelet w/Red Chile Stewed tomatoes Tater Tots Cookie	17. Spaghetti w/ Meat Sauce Green beans Garlic bread Cantaloupe	18. Pork Chop w/Brown gravy Scalloped Potatoes Green beans	19. Pollock Fish Mac & Cheese Green Beans Pears	20. Chicken Stir Fry White Rice Baby Carrots Pineapple
23. Salisbury Steak w/Brown gravy Rosemary Potatoes	24. BBQ Pork Buttered Corn Broccoli/Red Peppers Cookie	25. Baked Chicken Sweet Potatoes Green Beans Yogurt	26. Spinach Lasagna Fajita Blend Garlic Bread Orange	27. Beef Stew Buttered Cabbage Crackers Peach Cobbler 1% Milk
30. Sliced Ham Corn Bread Pinto Beans Collard Greens Peaches	31. Asian Beef Stir Fry Buttered Noodles Garlic Breadstick Pineapple	1. Fish & Chips Stewed Tomatoes Sliced Apples 1% Milk	2. Chicken Alfredo Green Beans Garlic Breadstick Stawberries 1% Milk	3. Cheeseburger Tater Tots Pear 1% Milk



Breakfast Is back!
 Please join us Monday-Friday
 8am-9am for breakfast.

