

December 2021

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,
Anna Sanchez, Director



Accredited by
ncoa
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
America Bencomo, Coordinator

Daphne Flores, Office Assistant

Debra Gomez-Southworth,
Program Assistant

Viridiana Rodrigues-Flores,
Program Assisant

Melina Sena, Cook

Maryann De La O, Kitchen Aid

Patrick Maestas, General Services

Special Dates & Announcements

12/15: Abuelos y Niño's Ornament Decorating

12/24: Center Closed

12/25: Holiday Luncheon Highland Senior Center

12/31: Center Closed

Abuelos y Niño's Ornament Decorating

It's time to deck the halls and what better way to do it than with your grandchildren or that special youngster in your life.

Ornament making is a great way to get together with the grandkids, get some quality time in before the holidays get crazy, and create some really cute ornaments for the holidays!

Wednesday December 15th

1:00 - 3:00pm



In-Focus Photograph Group

Interested in learning how to take exceptional photos. Join our In-focus Photography Group led by our experienced, knowledgeable and always helpful photography instructor, Charles Chavez. We meet the first and third Mondays of each month, from 10:00 am to 11:30 am. We discuss all aspects of photography, including camera settings and techniques, subject choice, composition, light, and color. We also organize field trips to provide you with the opportunity to practice your new photography skills and learn by doing. All skill levels are welcome. Have fun learning how to interact with the world in a new way.

DSA Annual Holiday Luncheon

Come Celebrate with us! This year Highland Senior Center will host a seated, special Holiday Lunch from 11:30am-1:00pm on Christmas Day. To take part in this holiday lunch, **purchase your holiday lunch ticket in advance for \$4.00 per person.** Space is limited, please visit with the Highland Senior Center staff to purchase your ticket today!



The Chama Train - 3rd place at the Hispanic Arts State Fair, 2021.

Wishing you and yours the very best of the Holiday Season



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
NEW 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
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 (every other)
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, December 5th - Chile Bean Express
Sunday, December 12th - Milagro
Sunday, December 19th - Tino's Band
Sunday, December 26th - Rhythm Divine

Beds for Pets!

We know they are always by your side and Pima Medical Institution would like to provide your furry friends a bit of holiday cheer.



Wednesday, December 15th
1:00 - 2:00pm



Monthly Birthday Party!

Come Celebrate with us!
Thursday, December 16, 2021

10:00am - 11:00am

Sponsored by



**OAK
STREET
HEALTH**



Let Us Pick You Up!

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers **FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center** within a 5-mile radius of each site. Visit with your center staff for details.



Friendship Coffee

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

Wednesday, December 1, 8, 22 & 29

Thursday, December 2nd

8:30am-10:30am

Thank you to the following Sponsors:



Daytime Dancing on Gov-TV

Tune into GOV-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs on the 2nd Saturday at 3 p.m. and 7 p.m.



FLEA MARKET

Is Back!

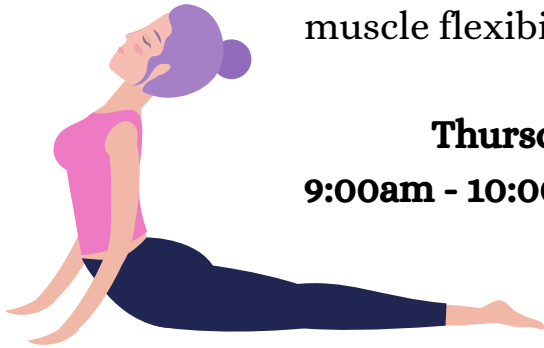
Wednesdays

8:30 - 11:30am



NEW! Belts & Blocks Yoga

Belts & Blocks Yoga helps improve posture and core strength as well as reduce lower back pain and increase muscle flexibility.



Thursdays
9:00am - 10:00am



Flu Shots available

Monday,

December 6, 2021 9:00am - 11:00m

Sponsored by



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

Old Town Holiday Stroll Trip!

Set the holiday season in motion with entertainment, dining, shopping and more!

Thursday, December 3, 2021

Sign up at the front desk



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, December 21

8:30am - 12:00pm





















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.



December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
<ul style="list-style-type: none"> ◆ Salisbury Steak w/Green Chile Gravy ◆ Corn ◆ Mashed Potatoes ◆ Dinner Roll/Margarine ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Tetrazzini ◆ Brussel Sprouts ◆ Peach Cobbler ◆ Breadstick ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Tilapia w/Lemon and Tartar Sauce ◆ Rice Pilaf ◆ Green Beans ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Parnesan w/ Mozzarella ◆ Carrots ◆ Breadsticks ◆ Fruit cup ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Diced Pork w/Gravy ◆ Brown Rice ◆ Oriental Blend ◆ Dinner roll w/Margarine ◆ Jell-O ◆ 1% Milk 
6	7	8	9	10
<ul style="list-style-type: none"> ◆ Beef Stir-Fry ◆ Butter Noodle ◆ Fortune Cookies ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet w/Peppers & Onions ◆ Stewed Tomatoes ◆ Spinach ◆ Apple Sauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Tamales/Red Chile ◆ Pinto Beans ◆ Seasonal Vegetable ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lemon Baked Salmon ◆ White Rice ◆ Seasonal Vegetable ◆ Dinner roll w/ Margarine ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/Spaghetti Sauce/Mushrooms ◆ Seasonal Vegetable ◆ Breadstick ◆ Pineapple Chunks ◆ 1% Milk 
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Carne Adovada/Red Chile ◆ Spanish Rice ◆ Corn w/ red peppers ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey and Brown Rice/Gravy ◆ Green Beans ◆ Cauliflower ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Mashed Potatoes ◆ Diced Beets ◆ Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sloppy Joe: Hamburger Bun ◆ Roasted Green & Red Bell Peppers ◆ Rosemary Potato ◆ Fruit cup ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Macaroni & Broccoli: Pasta/Broccoli/Cheese ◆ Spinach ◆ Cherry Cobbler ◆ Dinner Roll w/ Margarine ◆ 1% Milk 
20	21	22	23	24
<ul style="list-style-type: none"> ◆ Baked Cod Fish/Tartar Sauce ◆ Rice Pilaf ◆ Carrots ◆ Jell-O w/Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger/Chopped Lettuce/Tomato/Onions ◆ Baked Beans ◆ Normandy Blend Vegetables ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Tamale ◆ Pinto Beans ◆ Calabacitas ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Ham w/Pineapple Glaze ◆ Mash Potato ◆ Mixed Vegetables ◆ Holiday Dessert ◆ 1% Milk 	<p style="text-align: center;">Closed Holiday Christmas Day</p>
27	28	29	30	31
<ul style="list-style-type: none"> ◆ Texas Chili: Ground Beef, Kidney Bean ◆ Corn Bread/Margarine ◆ Succotash ◆ Diced Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Asian Diced Beef w/Peppers ◆ Rice Pilaf ◆ Oriental Vegetable Blend ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod w/ Tartar Sauce ◆ Crinkle Cut Fries/Ketchup ◆ Peas & Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roasted Lemon Chicken ◆ Sweet Potato ◆ Blackeye Peas ◆ Dinner Roll w/ Margarine ◆ Pudding ◆ 1% Milk 	<p style="text-align: center;">Closed Holiday New Year Day</p>

Please join us Monday-Friday 8:00am-9:00am for breakfast.