

July 2023

North Valley Senior Center

COMMUNITY COMPOST CELEBRATION!

Join us for the unveiling of our new Compost Bin made possible by the NMED RAID grant. Seed packets and plant giveaway sponsored by City Parks and Recreation, refreshments, and information about composting will be available.

Thursday, July 13, 2023

9:00am-11:00am

3825 4th St NW ABQ, NM 87107



North Valley Senior Center will be Closed Tuesday, July 4, 2023 in Observance of Independence Day.



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

Vacant, 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

7/3: 4th of July Celebration

7/4: 4th of July Holiday, Center Closed

7/5: No Flea Market, No Bingo

7/10: Medicare 101 Presentation

7/13: Community Compost Celebration

7/14: Shot Clinic

7/18: TEFAP Food Pantry

7/20: Auto & Home Insurance Basics, Mystery Trip

7/28: Fluid Acrylic Art Therapy Class

Accredited by



National Institute of Senior Centers

Computer Lab available during business hours

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 (Pre-registration required)
 Pottery 8:00 am - 11:30 am
 Yang Tai Chi 9:30 am- 10:30 am
 Photo Club 10:00 am - 11:30 am 1st & 3rd
 Tarde de Oro Dance Group 9:30am - 11:00am
 Fishing Club Meeting 10:00am- 11:00am
 Poker 12:00 pm - 4:00 pm
NEW: Tai Chi Chih 2:00 pm - 3:00 pm



Tuesday

Fitness Room 8:00 am -7:00 pm
 Billiards 8:00 am - 7:00 pm
 Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
 Stained Glass Class 9:00 am - 12:00 pm
 Guitar Jam Session 9:45 am- 11:45 am
 New Member Orientation 2nd Tuesday 10:00 am - 11:00 am
NEW: Geriatric Massage 9:30 am- 5:00 pm (By Appointment)
 Poker 12:00 pm - 4:00 pm
 Canasta Hand & Foot 1:15pm - 5:00 pm
 Dahn Yoga 3:15 pm - 4:15 pm
 Zumba 5:30 pm - 6:30 pm

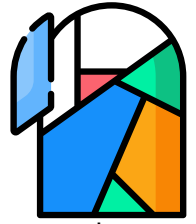


Wednesday

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

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
 Slow Stretch for Flexibility 10:00am - 11:00am
 Poker 12:00 pm - 4:00 pm
 Computers w/ Mike 1:00 pm - 2:00 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



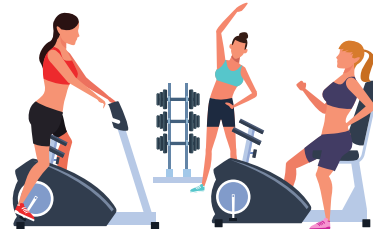
Friday

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 (Pre-registration required)
 Chair Yoga 10:00 am-11:00 am
 Poker 12:00 pm - 4:00 pm
 Pottery Open Lab 12:00 pm - 3:00 pm
 Yang Tai Chi 9:30 am- 10:30 am
 Zumba 3:30 pm- 4:30 pm



Sunday

Fitness Room 12:30 pm - 4:30 pm
 Billiards 12:30 pm - 4:30 pm
 Table Tennis 12:30 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, July 18, 2023

12:00pm - 1:00pm

Sponsored by



Senior Citizen Law Office

Power of Attorney and General Legal Clinic.

Visit the front desk to schedule an appointment. Limited space available.



3rd Thursday of the Month

9:00am - 11:00am

New Mexico Department of Veterans Services

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



Monday, July 31, 2023

10:00am-2:00pm

Shot Clinic!

Covid Vaccine and Covid Booster

No appointments necessary.

Friday, July 14, 2023

9:00am- 12:00pm

Sponsored by



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 Breakfast..... .75

1 egg, 1 bacon. or sausage, hash browns, english muffin, toast or tortilla

Breakfast Burrito.....1.50

(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

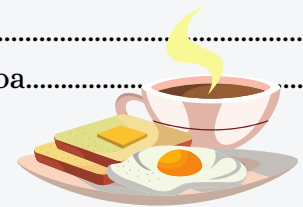
Oatmeal w/milk..... .70

Side of Chile (red or green)..... .25

Drinks

Orange Juice or Milk..... .25

Coffee, Tea or Hot Cocoa..... .30



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, July 25, 2023

9:00am - 12:00pm



Sunday Afternoon Dances

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



Sunday, July 2nd - Chile Bean Express
Sunday, July 9th - De Luz
Sunday, July 16th - Desert Springs
Sunday, July 23rd - Amistad
Sunday, July 30th - La Raza

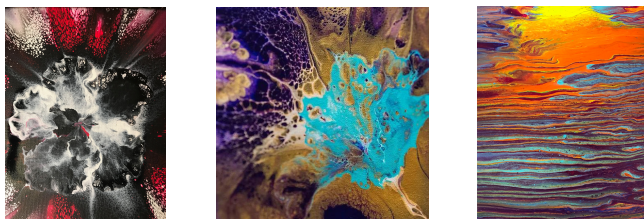
Fluid Acrylic Art Therapy

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, July 28, 2023 from 10:00am - 11:30am.



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

Auto & Home Insurance Basics

Join State Farm in a very informative discussion on insurance. They will address topics like what to do after an auto accident, how to avoid scams, and when to report a Homeowners Claim.

They will also help you understand your current coverage on your home and auto policies, what they are and how they work.

Thursday, July 20, 2023

1:00pm- 3:00pm

Sign up at the front desk!



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:



Geriatric Massage

Geriatric massage is a gentle massage designed for seniors. Each massage is tailored to each individual. Overall, geriatric massage can help improve circulation and posture, reduce stiffness and inflammation.



Please note:

- Ladies please bring a sheet and 2 towels.
- Men please bring a sheet and 1 towel.
- Any donation of sheets, pillows, pillow cases, and/or towels is highly appreciated!
- **Only one treatment a month.**
- If you are taking multiple medications, an O.K. for geriatric massage will be required from your doctor.
- Donations welcomed!

Tuesdays

10:00am - 11:30am

12:30pm - 5:00pm

Sign up at the front desk!

TEFAP Food Pantry

Los Griegos Health and Social Services Center will be here at North Valley Senior Center on **Tuesday, July 18, 2023** from **9:30am - 11:00am** to distribute various food items to individuals who fit within the The Emergency Food Assistance Program. For more questions call (505) 761-4050.

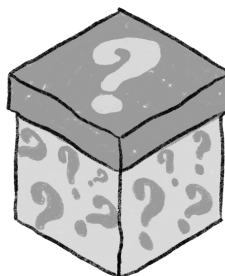


WHAT DOCUMENTS ARE NEEDED:

1. Client household must reside in the Bernalillo County/ Albuquerque Metro Area
2. Client must provide a Photo Identification:
 - a. Must be a Photo ID - Does Not need to be valid.
3. Client must provide Proof of Address— Proof of address must contain the clients name and dated within the last 90 days.
 - a. Valid Lease Agreement or Mortgage Documentation (If lease is expired, it must stipulate continuance on a month-to-month basis).
 - b. Utility Bill
 - c. State or Federal Government Issued Documentation (Human Services, Unemployment, SSI, SSDI, etc.)

Mystery Tour Trip Pt. 2

Get ready for a new adventure! The series of mystery trips continues here at North Valley Senior Center. Sign up and visit places that are kept secret until arriving at the destination.



Thursday, July 20, 2023
Check in - 8:00am
***All day event**
***Bring money for lunch and other expenses**

Sign up at the front desk!

Health Fair Trip

Thursday, July 27, 2023

Let's join Los Griegos Health and Social Services Center in their biggest health fair yet. There will be lots of information, vendors, and fun!

Check in - 9:45am
Depart - 10:00am
Return - Approx. 1:00pm
Sign up at the front desk!



Medicare 101 Presentation

Join Optum in a presentation that covers everything Medicare. Learn about different benefits and get answers to all your questions. Light refreshments will be served!

Monday, July 10, 2023
1:00pm- 2:00pm
Sign up at the front desk!





















Sponsored by



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
3 ♦ Lemon pepper chicken w/brown rice ♦ Diced beets ♦ Roasted brussels sprouts ♦ Chocolate pudding ♦ 1% Milk 	4 	5 ♦ Garlic tilapia ♦ Whole wheat pasta w/ diced tomatoes ♦ Calabacitas* ♦ Yogurt ♦ 1% Milk 	6 ♦ Meatballs w/marinara w/cheese ♦ Whole grain hoagie roll ♦ Steak fries w/ketchup ♦ Seasonal vegetables* ♦ Fresh seasonal fruit* ♦ 1% Milk 	COLD MEAL 7 ♦ Egg Salad on whole grain bread ♦ Lettuce & tomato ♦ Carrot sticks ♦ Seasonal fruit* ♦ 1% Milk 
10 ♦ Pork Chop w/brown rice ♦ Rosemary potatoes w/margarine ♦ Seasonal vegetable* ♦ Fresh seasonal fruit* ♦ 1% Milk 	11 ♦ Beef fajita w/red and peppers and onions* ♦ Pinto beans* ♦ Flout tortilla ♦ Baked apples ♦ 1% Milk 	12 ♦ Pasta (Penna) primavera stir fry veg*/alfredo sauce ♦ Spinach w/onions ♦ Bread stick ♦ Yogurt ♦ 1% Milk 	13 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Fresh seasonal Fruit* ♦ 1% Milk 	14 ♦ Chicken Parmesan ♦ Zucchini w/butter ♦ Seasonal Vegetables* ♦ Jello ♦ 1% Milk 
17 ♦ Carne Adovada: Pork ♦ Spinach ♦ Pinto beans* ♦ Flour tortilla ♦ Fresh Seasonal Fruit* ♦ 1% Milk 	18 ♦ Sweet & sour chicken w/stir fry vegetables* ♦ Seasonal vegetable* ♦ Brown rice ♦ Fortune Cookie ♦ 1% Milk 	19 ♦ Salisbury steak w/gravy mushroom ♦ Mashed potatoes ♦ Fresh banana ♦ Whole grain dinner roll w/margarine ♦ 1% Milk 	20 ♦ Cheese Omelet w/fajita blend ♦ Stewed tomato ♦ Dice potato ♦ Whole grain biscuit w/margarine ♦ Mandarin Oranges  ♦ 1% Milk	21 ♦ BBQ pork pulled ♦ Roasted sweet potato ♦ Seasonal vegetable* ♦ Fresh seasonal fruit* ♦ Whole grain dinner roll w/margarine ♦ 1% Milk 
24 ♦ Spaghetti w/meat sauce: Beef ♦ Imperial blend vegetables ♦ Seasonal vegetables* ♦ Fresh seasonal fruit* ♦ 1% Milk 	25 ♦ Bake salmon w/lemon and garlic ♦ Ancient grain blend ♦ Green beans w/mushrooms ♦ Fresh seasonal fruit* ♦ 1% Milk 	26 ♦ Red chile tamales: Pork ♦ Calabacitas* ♦ Pinto Beans* ♦ Fresh Seasonal Fruit* ♦ 1% Milk 	27 ♦ Mac & cheese green chile ♦ Broccoli ♦ Seasonal Vegetables* ♦ Yogurt ♦ 1% Milk 	Cold Meal 28 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber* and carrot sticks ♦ Cole Slaw  ♦ Fresh Seasonal Fruit* ♦ 1% Milk
31 ♦ Meatloaf w/tomato sauce ♦ Roasted redskin potato ♦ Succotash ♦ Fresh seasonal fruit ♦ Whole grain dinner roll w/margarine ♦ 1% Milk 				

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.