

June 2022

Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director
Department of Senior Affairs



North Valley's Social Hall

will be temporarily

CLOSED



for much needed flooring repairs

Tuesday, June 21 - Monday June 27, 2022.

Grab and Go lunch meals will be available.

NO breakfast will be served during this time.



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**

6/7: NM Landlord/Tenant Law
Presentation

6/17: Juneteenth Movie Day

6/19: Father's Day Dance

**6/21-6/27: Grab and Go Meals/Social Hall
Closed for Repairs**

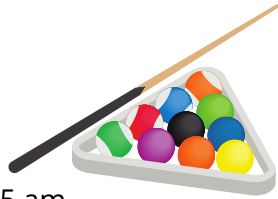
Accredited by



National Institute of
Senior Centers

Monday

Fitness Room 8 am -5 pm
Billiards 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
New time! Table Tennis 8am - 12pm
Enhanced Fitness 8:15 am - 9:15 am
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
Reflexology 1pm - 3pm
Canasta Hand & Foot 1 pm - 5 pm
Dahn Yoga 3:15 pm -4:15 pm
Zumba 5:30 pm - 6:30 pm



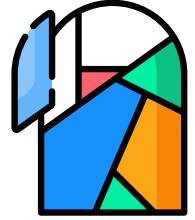
Wednesday

Fitness Room 8 am -5 pm
Billiards 8 am - 5 pm
Flea Market 8:30 - 11:30 am
Pilates 8:30 am - 9:30 am
Arts & Crafts Sharing 10 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
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
New time! Table Tennis 1:00 - 4:45pm
Dahn Yoga 3:15 pm - 4:15 pm
New Member Orientation 2nd Thursday 10 - 11am



Friday

Fitness Room 8 am - 5 pm
Billiards 8 am - 5pm
Enhanced Fitness 8:15 am - 9:15 am
Acupressure 9:00 am - 12 pm
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
Chair Yoga 2 - 3 pm



Sunday

Fitness Room 12:30 pm - 5 pm
Billiards 12:30 pm - 5 pm
Table Tennis 1:00 pm - 4:30 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.

New Program Coordinator!



I am happy to announce that Viridiana Rodriguez-Flores has been promoted to the North Valley Senior Center Program Coordinator. Most of you know Viri as she has been a program assistant at our center since April of 2021. Viri graduated from Rio Grande High School and received her Bachelor of Arts degree in Sociology and Psychology with a minor in Spanish. While attending UNM Viri worked as a Customer Care Associate at T-Mobile and as a Worship Leader/Youth Teacher for Church of the Americas. Her customer service, programming skills, and work ethic have been a great addition to the center. Since December she has been fulfilling the responsibilities of both the program coordinator and program assistant while we wait to hire her replacement. Please join me in congratulating Viri!

FLEA MARKET

Is Back!

Wednesdays

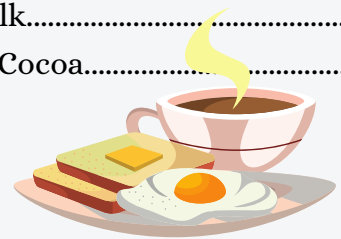
8:30 - 11:30am



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
(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



Fitness Center Daily Closure!

Starting April 1, 2022
North Valley Fitness Center will be
CLOSED daily
1:30 to 2:00pm
for cleaning.



Sunday Afternoon Dances

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



Sunday, June 5th - La Raza
Sunday, June 12th - De Luz
Sunday, June 19th - Impresion
Sunday, June 26th - NO DANCE/Floor Repair

Monthly Birthday Party!

Come Celebrate with us!

Tuesday, June 14, 2022

11:30am - 12:30am

Sponsored by



Table Tennis

With the arrival of new fitness equipment Table Tennis will have a new home.

The table will be available in

Room 3

Tuesdays 8:00am to 12:00pm,

Thursdays 1:00pm to 4:45pm, and

Sundays 1:00 to 4:30pm(dependent upon room availability)

Table Tennis has many health benefits including:

- Improving hand-eye coordination
- Improving reflexes
- It's easy on the joints
- It burns calories
- It's a social sport.
- It keeps your brain sharp.
- Table tennis is utilized a treatment for dementia.
- It improves balance.

Come join the

FUN!



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.



North Valley Senior Center Library

Mystery, Romance, Drama Awaits!

Looking for a good book to read? Have you stopped by North Valley's library lately? Located just before the Billiards room, our library is for users to take books to read and donate books for others enjoyment. The library is open anytime during normal business hours.



Shot Clinic!

Covid Vaccine and Covid
Booster

No appointments necessary.

Thursday, June 30, 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, June 1, 8, 15, and 29

8:30am-10:30am

Thank you to the following Sponsors:



New Mexico Landlord-Tenant Law Presentation

This presentation is designed for seniors
living in Albuquerque, to help them better
understand their rights and
responsibilities as tenants.



Tuesday, June 7, 2022

10:00am

Sign up at the front desk!

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

9:00am - 11:00am

Father's Day Dance

Happy Father's Day! Father's Day celebrates
and honors fathers, grandfathers,
stepfathers and others you consider father
figures and their influence in our lives.

**Free admission to all fathers with current
membership!**

Sunday, June 19, 2022

1:30 - 4:00pm



Juneteenth Movie Day!

Join us in celebrating the
Juneteenth Holiday. Come watch
a movie and enjoy free
refreshments!



John Lewis: Good Trouble
Friday, June 17, 2022
Movie starts at 2:00pm



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, June 28, 2022

8:30am - 12:00pm



Grab and Go Meals will be available Tuesday, June 21 through Monday June 2th

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
30	31	1	2	3
<p>CLOSED</p> 	<ul style="list-style-type: none"> ◆ Greek Pasta Salad ◆ Cucumber & Red Onion Salad w/ Ranch Dressing ◆ Wheat Crackers ◆ Fruit ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Red Chile Omelet ◆ Steamed Potatoes ◆ Stewed Tomatoes ◆ Green Apple ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Turkey Tetrzzini ◆ Steamed Spinach ◆ Peas & Carrots ◆ Red Grapes ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Beef Steak with Grilled Onions ◆ Mashed Potatoes ◆ Steamed Broccoli ◆ Pudding ◆ 1% Milk 
6	7	8	9	10
<ul style="list-style-type: none"> ◆ BBQ Chicken Sandwich ◆ Sweet Potato ◆ Apple Cobbler ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Salisbury Steak Mushroom & Onion Gravy ◆ Green Beans ◆ Scalloped Potatoes ◆ Orange ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Carrots & Cauliflower ◆ Breadstick ◆ Pineapple ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Ancient Grains ◆ Broccoli ◆ Diced Peaches ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Bean & Rice Burrito with Red Chile ◆ Cauliflower ◆ Warm Cinnamon Apples ◆ 1% Milk 
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy in Bowtie Pasta ◆ Steamed Green Beans ◆ Peach Cobbler ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Baked Chicken Thigh ◆ Steamed Collard Greens ◆ Brown Rice ◆ Yogurt ◆ Dinner Roll w/ Margarine ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Black-eyed Peas ◆ Steamed Carrots ◆ Pudding ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Sliced Turkey w/ Brown Gravy ◆ Steamed Carrots ◆ Mashed Potatoes ◆ Pear ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Pork Roast w/ Creamy Onion Gravy ◆ Steamed Broccoli & Carrots ◆ Mashed Potatoes ◆ Dinner Roll w/ Margarine ◆ Green Grapes ◆ 1% Milk 
20	Grab and Go 21	Grab and Go 22	Grab and Go 23	Grab and Go 24
<p>CLOSED (OBSERVED)</p> 	<ul style="list-style-type: none"> ◆ Chicken Thigh ◆ Succotash ◆ Cornbread ◆ Apple ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Steamed Broccoli ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Baked Salmon ◆ Roasted Peppers ◆ Ancient Grain ◆ Pudding ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Brown Rice ◆ Jell-O ◆ Flour Tortilla ◆ 1% Milk 
Grab and Go 27	28	29	30	1
<ul style="list-style-type: none"> ◆ Baked Pork Chops ◆ Sweet Potatoes ◆ Broccoli/Cauliflower/Carrot ◆ Yogurt ◆ Dinner Roll w/ Margarine ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions ◆ Green Peas ◆ Brown Rice ◆ Orange ◆ 1% Milk   	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Steamed Potatoes ◆ Collard Greens ◆ Dinner Roll w/ Margarine ◆ Strawberries ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Green Beans & Mushrooms ◆ Garlic Breadstick ◆ Pears ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Sweet Corn ◆ Steak Fries w/ Ketchup ◆ Watermelon ◆ 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.

Revised 5/11/22