

May 2023



NORTH VALLEY SENIOR CENTER

CINCO DE MAYO BASH

Friday, May 5th, 2023 from 10:00am- 11:00am

Refreshments will be served in the Patio



ONE ALBUQUE ROQUE senior center

North Valley Senior Center will be Closed Monday, May 29, 2023 in Observance of Memorial 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
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

**5/05: Cinco de Mayo Bash
5/09: New Member Orientation
5/10: Watercoloring, Jewelry Making Class
5/11: Tarde de Oro Trip
5/17: Santa Fe Cemetery Visit
5/29: Memorial Day, Center Closed**

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 9:30 am - 11:00 am
 Fishing Club Meeting 10:00 am- 11:00 am
 Poker 12:00 pm - 4:00 pm
NEW: Haircuts w/ Rachel 1:00pm - 3:00pm
NEW: Senior Support Group 1:00pm - 2:00pm 1st & 3rd
NEW: Tai Chi Chih 2:00pm - 3:00pm



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
 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

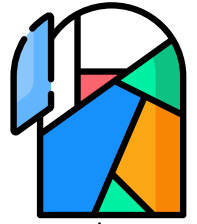


Wednesday

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
NEW: Slow Stretch for Flexibility 10:00am - 11:00am
 Poker 12:00 pm - 4:00 pm
NEW: 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



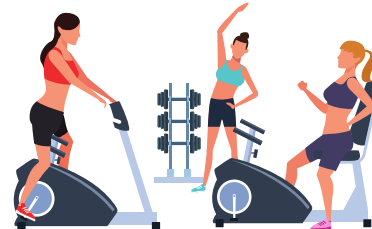
Friday

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
NEW TIME: Dance Class 3:00 pm - 4:00 pm
 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.



Jewelry Making w/ Lynne

Do you love jewelry? Join our new jewelry making class. Learn the basics, what materials to use and how to properly finish a necklace or pair of earrings.

\$10 material fee.

**Wednesdays, Starting
May 10, 2023
1:00pm - 2:00pm**



Space is limited, sign up at the front desk!

Tarde de Oro Trip

Join us in a colorful and uniquely entertaining musical production at the Kimo Theater. Tarde de Oro will cover aspects of New Mexico's history through 5 eras via music and dance.

Free admission. Sign up at the front desk!

Thursday, May 11, 2023

Check in - 11:30 am

Depart - 11:45 am

Return - Approx. 3:30pm



Car Show Trip

Calling all car enthusiasts!

The New Mexico Council of Car Clubs will be hosting their 37th Annual Car Show at the Albuquerque Museum.

Admission is free. Sign up at the front desk!

Sunday, May 21, 2023

Check in - 9:00 am

Depart - 9:15 am

Return - Approx. 1:00pm



Murals of Albuquerque Presentation

Mural making and "street art" have become popular forms of community expression, self-expression, and historical or cultural exploration. Since 1978, the City of Albuquerque's Public Art Program has purchased and commissioned works of art using 1% of general obligation bonds, including more than 70 indoor and outdoor murals.

Please join Mandolen Sanchez, Public Art Education and Outreach Coordinator, who will be sharing details and information for some of the murals in the Public Art Collection on Monday, May 22nd at 1:30pm.

Sign up at the front desk!



Mother's Day Dance

Mother's Day celebrates motherhood and is a day to make an extra-special effort to recognize and appreciate mothers' roles in our lives.

Free admission to all mothers with current membership!

**Sunday, May 14, 2023 from
1:30pm - 4:00pm**



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. Sign up at the front desk!

Gone Phishing

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



Senior Health & Fitness Day

Join us for the Department of Senior Affairs annual **Health and Fitness Day!**

Wednesday, May 31, 2023
9am - 12pm

Transportation will be provided.

Sign up at the front desk!



Slow Stretch for Flexibility

This low impact and slow paced class will focus on the importance of stretching, flexibility, and mobility. Perfect class to learn how to warm up or cool down after a work out.



Every Thursday from
10:00am - 11:00am

Space is limited, sign up at the front desk!

Monthly Birthday Party!

Come Celebrate with us!
Tuesday, May 23, 2023
12:00pm - 1:00pm
Sponsored by

 **PRESBYTERIAN**



Senior Citizen Law Office

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

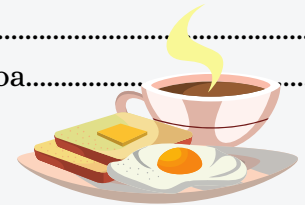
3rd Thursday of the Month
9:00am - 11:00am



Breakfast Menu

Served 8:00am to 9:00am
Monday through Friday

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



Teeniors* tech-savvy teens helping seniors

Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, their goal is to empower you to connect with your loved ones, engage with your community, and the world through technology while providing paid, meaning jobs for youth in NM.



Thursday, June 15 & 29
10:00am - 12:00pm

Space is limited, sign up at the front desk!

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!



Sunday, May 7th - Amistad

Sunday, May 14th - Tino's Band

Sunday, May 21st- De Luz

Sunday, May 28th - Desert Springs

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:



NEW!

Watercoloring



This class is open to seniors with different watercolor experiences and abilities. In this **6-week course** you'll explore basic drawing techniques, composition, color mixing, as well as various methods of painting a watercolor.

Every session will start with a demonstration and time will be allotted for questions.

There is no charge for the class, but some materials may require out of pocket cost.



Wednesdays, starting May 10, 2023

2:00pm-4:00pm

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, May 23, 2023

9:00am - 12:00pm

COMING SOON

Interior Design Class

Are you wanting to learn something new?

Do you want to learn about redecorating?

Or how to draw a floor plan? Come learn about color, fabrics, rugs, and much more in our new interior design class.

Instructor - Kathe Jones

Thursdays, starting

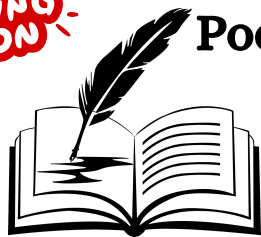
June 8th, 2023

1:00pm-2:00pm

Sign up at the front desk.



Poetry Classes



Tuesdays, starting

June 6, 2023

























1:00pm-2:00pm

This poetry class will address different poetry styles, format, and expression. There will be a great focus in Haikus and Iambic Pentameter poems. You will learn to use describe words to write poems, read poems, receive input, and much more.

Sign up at the front desk!

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
1 ♦ Bake Ziti w/ Spinach ♦ Green Beans ♦ Garlic Breadstick ♦ Diced Peaches ♦ 1% Milk 	2 ♦ Salmon w/Garlic Butter Sauce ♦ Steamed Carrots ♦ Seasoned Orzo ♦ Banana ♦ 1% Milk 	3 ♦ Beef/Broccoli/Pepper/Onions ♦ Stir Fry Vegetable ♦ Brown Rice ♦ Seasonal Fruit ♦ 1% Milk 	4 ♦ Chicken Salad ♦ Baked Potato Chips ♦ Coleslaw ♦ Sliced Wheat Bread ♦ Grapes ♦ 1% Milk 	5 ♦ Carne Adovada: Diced Pork/Red Chile ♦ Roasted Street Corn ♦ Pinto Beans ♦ Flour Tortilla ♦ Tapioca Pudding ♦ 1% Milk 
8 ♦ Baked Lemon Pepper Chicken ♦ Brown Rice ♦ Seasoned Beets ♦ Cantaloupe ♦ 1% Milk 	9 ♦ Diced Beef/Green Chile ♦ Calabacitas ♦ Pinto Beans ♦ Flout Tortilla ♦ Pear ♦ 1% Milk 	10 ♦ Sweet and Sour Pork ♦ Noodles ♦ Oriental Blend ♦ Orange ♦ 1% Milk 	11 ♦ Tilapia w/Cajun Buttered Sauce ♦ Seasonal Potatoes ♦ Roasted Brussels Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	12 ♦ Sliced Turkey w/Gravy ♦ Cranberry Cornbread Stuffing ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk 
15 ♦ Baked Cod w/Tarter Sauce ♦ Ancient Grains ♦ Steamed Green Peas ♦ Diced Peaches ♦ 1% Milk 	16 ♦ Green Chile Chicken Alfredo w/Pasta ♦ Normandy Blend ♦ Whole Grain Dinner Roll w/Margarine ♦ Seasonal Fruit ♦ 1% Milk 	17 ♦ Salisbury Steak w/Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetables ♦ Fresh Seasonal Fruit ♦ 1% Milk 	18 ♦ Eggs Salad Sandwich ♦ Carrot Raisin Salad ♦ Watermelon ♦ Sliced Wheat Bread ♦ 1% Milk 	19 ♦ BBQ Pulled Pork ♦ Macaroni and Cheese ♦ Spinach w/Diced Tomatoes & Onions ♦ Grapes ♦ 1% Milk 
22 ♦ Swedish Meatballs w/Gravy ♦ Brown Rice ♦ Garlic Brussel Sprout ♦ Blueberries ♦ 1% Milk 	23 ♦ Baked Garlic Tilapia ♦ Mashed Sweet Potatoes ♦ Seasoned Vegetables ♦ Yogurt ♦ 1% Milk 	24 ♦ Bean/Cheese Burrito ♦ Diced Potatoes w/Onions ♦ Spinach ♦ Applesauce ♦ 1% Milk 	25 ♦ Chicken Tetrizzini ♦ Green Peas ♦ Garlic Breadstick ♦ Mixed Fruit ♦ 1% Milk 	26 ♦ Roast Beef/Sliced Cheese/Hoagie ♦ Lettuce/Tomatoes ♦ Potato Salad ♦ Watermelon ♦ 1% Milk 
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk 	31 ♦ Soft Tacos-Beef/Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salas ♦ 1% Milk 	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk 	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 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.