

November 2021

Happy Fall!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving 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 North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at cabq.gov/seniors for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,
Anna Sanchez, Director



Center Hours

Mon., Wed., Thur., Friday: 8am-5pm

Tues.: 8am-7pm Saturday Closed

Sun.: 12:30pm-5pm

We will be Closed

Veteran's Day November 11,

November 25th & 26th

in Observance of the

Thanksgiving Holiday



*Let's
Trim the Tree!*

**Join us for Biscochitos, hot chocolate and
tree decorating.**

Friday, December 3, 2021

9:30am - 10:30am



Accredited by



National Institute of
Senior Centers

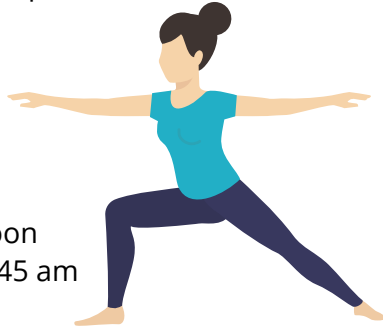
Monday

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.

DSA Annual Thanksgiving Luncheon Returns!

Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving 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 North Domingo Baca center staff to purchase your ticket today!



Medicare 101

Have questions about Medicare or want more information on plans and benefits. Join us **Friday, November 5th & November 19th, 10:00am-11:00am.** Sponsored by



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.



Please join us in congratulating students in the North Valley Senior Center-Stained Glass Class who recently won ribbons at this year's New Mexico State Fair!



Kathleen Gallegos
Lion of Judah – 1st Place
Little Hummingbird – 1st Place
My Grandmas Plate – 1st Place

Anita Chacon
Red Rose Oval Display – 2nd Place

Kate Lally
Shining Star on Adobe Church – 2nd Place

Ernestine Ortiz Martinez
Red and Green New Mexico Chile – 3rd Place

Debra Williams
Lovely Lilies – 3rd Place

Instructor Terry Bixter also deserves congratulations for the great job she does in teaching her students the intricacies of this fine artistic tradition.



Sunday Afternoon Dances

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



Sunday, November 7 - Trio Alegre
Sunday, November 14 - Paul Pino & the Tone Daddies
Sunday, November 21 - Impressions
Sunday, November 28 - Tino's Band

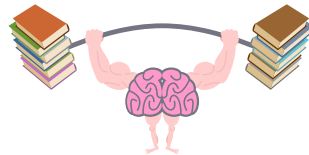
10 Ways To Love Your Brain!

If your goal is to keep your memory, reasoning ability, and thinking power strong. Please join us for this informative presentation.

Friday, November 12th

10:00am-11:00am

Presented by Dr. Janice Knoefel
Please sign up at the front desk.



Monthly Birthday Party!

Come Celebrate with us!
Wednesday, October 24, 2021

10:30am - 11:30am

Sponsored by



Blood Pressure Screening

Do you have high blood pressure?

How would you know?

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

Join us for

FREE

blood pressure screening.

Wednesday, November 17, 2021

10:00am - 12:00pm

Sponsored by



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.



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:

 **PRESBYTERIAN**



CanoHealth



FLEA MARKET

Is Back!

Wednesdays

8:30 - 11:30am

Starting Wednesday, November 17th

(Tables go on sale the first business day of the month)



NEW! Belts & Blocks Yoga

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



Starting November 4th.

Thursdays

9:00am - 10:00am



Flu Shots available

Monday,

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

Sponsored by



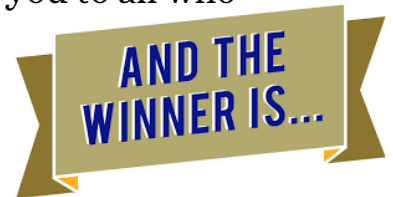
Power of Attorney and General Legal Clinic. Call Senior Law Office at 505-265-2300 to schedule an appointment.

3rd Thursday

9:00am - 11:00am

Survey Lottery Winners!

Congratulations to **Maria G. Rael & Mary Austin** winners of the Programming and Activities Survey lottery. These important survey's help us continue to provide and expand on programs and services. Thank you to all who participated.



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, November 23
























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.

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Pork Loin W/ Gravy ♦ Rice Pilaf ♦ Corn ♦ Dinner Roll W/ Margarine ♦ Fruit cup ♦ 1% Milk 	2 ♦ Ham Mac & Cheese ♦ Normandy Blend ♦ Blueberry Crisp ♦ 1% Milk 	3 ♦ Breaded Chicken Patty W/ Green Chile White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Red Apple ♦ 1% Milk 	4 ♦ Pot Roast/ Potato, Celery, Carrots ♦ Italian Blend ♦ Ancient Grain ♦ Fruit cup ♦ 1% Milk 	5 ♦ Omelet W/ Mushrooms & Spinach ♦ Hash Browns ♦ Stewed Tomatoes ♦ Yogurt ♦ 1% Milk 
8 ♦ Steak Fingers W/ White Gravy ♦ Red Potatoes ♦ Succotash ♦ Cookie ♦ 1% Milk 	9 ♦ Ham W/ Pineapple Glaze ♦ Biscuit ♦ Sweet Potato ♦ Fruit cup ♦ 1% Milk 	10 ♦ Meatball Sub Sandwich W/ Mozzarella ♦ Steak Fries W/ Ketchup ♦ Normandy Blend ♦ Fruit cup ♦ 1% Milk 	11 Closed Veterans Day	12 ♦ Red Chile Cheese Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Pudding ♦ 1% Milk 
15 ♦ Cajun Salmon ♦ Fettuccine Alfredo ♦ Baby Carrots ♦ Granny Smith Apple ♦ 1% Milk 	16 ♦ Beef W/ Peppers & Onions ♦ Black & Pinto Beans ♦ Imperial Blend ♦ Banana ♦ 1% Milk 	17 ♦ Green Chile Chicken Posole ♦ Spanish Rice ♦ Calabacitas ♦ Pudding ♦ 1% Milk 	18 ♦ BBQ Pulled Pork Sandwich ♦ Steamed Red Potatoes ♦ Baked Beans ♦ Fruit cup ♦ 1% Milk 	19 ♦ Pasta Primavera ♦ Northwest Blend ♦ Breadstick ♦ Cottage Cheese W/ Peaches ♦ 1% Milk 
22 ♦ Rotisserie Chicken ♦ Rosemary Potatoes ♦ Green Beans ♦ Dinner Roll W/ Margarine ♦ 1% Milk 	23 ♦ Carne Adovada ♦ Flour Tortilla ♦ Pinto Beans ♦ Spanish Rice ♦ Fruit cup ♦ 1% Milk 	24 ♦ Herb Roasted Turkey W/ Gravy ♦ Stuffing W/ Gravy ♦ Baked Yams W/ Marshmallows ♦ Dinner Roll ♦ Pumpkin Pie ♦ 1% Milk 	25 Happy  Thanksgiving! Closed	26 Holiday Closed
29 ♦ Salisbury Steak W/ Green Chili Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll W/ Margarine ♦ Yogurt ♦ 1% Milk 	30 ♦ Turkey Tetrazzini/ Diced Turkey, Penna Pasta, Alfredo Sauce ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% Milk 	1 ♦ Baked Tilapia W/ Lemon & Tartar Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Pudding ♦ 1% Milk 	2 ♦ Chicken Parmesan W/ Mozzarella ♦ Carrots ♦ Breadstick ♦ Fruit cup ♦ 1% Milk 	3 ♦ Diced Pork W/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll W/ Margarine ♦ Jell-O ♦ 1% Milk 

Revised 10/15/21

Breakfast Is back!

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

