

November 2023

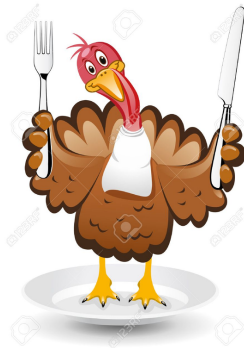


DSA Thanksgiving Day Luncheon

Herb roasted turkey w/gravy, stuffing
w/gravy, Green bean casserole, Dinner roll,
Pumpkin cake, 1% milk

Make your reservations on Tuesday before 1:00 pm

North Valley Senior Center
Wednesday, November 22, 2023
11:30 am to 1:00 pm



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Center Hours

Mon., Wed., Thur., Fri.: 8am - 5pm
Tues.: 8am - 7pm Saturday Closed
Sun.: 12:30pm - 4:30pm

North Valley Senior Center Staff

Acting Manager, Julio Santiesteban
Vacant, Coordinator
Jason Mercado, Program Assistant
Pricilla Jaramillo, Program Assistant
Melinda Sena, Cook
Lexie Garcia, Kitchen Aid
Victoria Hernandez, General Services

Department of Senior Affairs
Director
Anna M. Sanchez



Special Dates & Announcements

11/10 Center Closed-Veterans Day
11/23 & 24 : Closed for thanksgiving

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- 10:30am
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 2:00pm - 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
NEW: Geriatric Massage 10:00am- 3:00pm (By Appointment)
Poker 12:00 pm - 4:00 pm
Canasta Hand & Foot 1:15pm - 5:00 pm
Dahn Yoga 2:30 pm - 3:30 pm *Starting Nov. 14th*
Zumba 3:45 pm - 4:45 pm *Starting Nov.14th*



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
Jewelry w/Lynne 1:00 pm - 3:00 pm
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
Parkinson's Support/Advisory Group 3pm-4pm
Dahn Yoga 3:15 pm - 4:15 pm



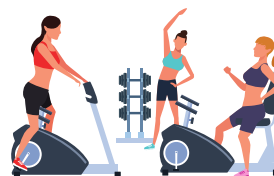
Friday

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
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.

Senior Citizen Law Office

Power of Attorney and General Legal Clinic.

Call 505-265-2300 to schedule an appointment. Limited space available.



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

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!



Sunday, Nov. 05 - Milagro

Sunday, Nov. 12 - De luz

Sunday, Nov. 26 - Desert Spring

New Mexico Department of Veterans Services

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

Monday, November 27



9:00-1:00 pm

Advisory Council Meeting

Monday, November 20th at noon

Manzano Mesa Multigenerational Center:

501 Elizabeth SE, 87123



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

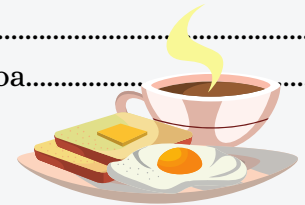
Oatmeal w/milk..... .70

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, November 28, 2023

9:00am - 12:00pm



**North Valley Senior Center
will be CLOSED
Friday, November 10, 2023
in observance of
Veterans Day**



**Thursday, and Friday
November 23, & 24, 2023
for Thanksgiving**



Researchers from the University of New Mexico department of speech and hearing science will be looking for adult Volunteers to participate in research and study that involves in

- > Verbal and written Neurological assessment
- > Magnetic resonance imaging (MRI)
- > Electroencephalography (EEG)

**November 15th, 2023
10:00 am -11:00 am**

Please join us for our Veterans Day celebration. Presentation of quilts (gifted by NVSC Quilting Group,)

**Refreshments will be served
November 9th, 2023
1:30 pm -3:30 pm**



Events at other Centers



¡Música del Corazón!
presents
**UNM Mariachi Lobo
Barelas Senior Center**
Thursday 16 November 2023
12-1pm FREE ADMISSION



robbtrust.org



JOHN DONALD
ROBB TRUST



FINE ARTS

art by
Jim Vogel

National
Hispanic
Cultural
Center

guest curator
Enrique Lamadrid

Thanksgiving Luncheon

Please join us for the Department of Senior Affairs Annual Thanksgiving Luncheon.

Thursday, November 23rd

11:00 am - 1:00 pm

Tickets are \$4 per person. Space is limited, please reserve your ticket in person at **Bear Canyon Senior Center beginning November 1st.**



ONE
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AGELESS ARTISAN CRAFT FAIR



November 18, 2023
9 AM - 1 PM

**North Domingo Baca
Multigenerational
Center**
7521 Carmel NE 87113



Just in time for holiday shopping!

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

FEATURING

Arts & Crafts | Food Trucks | Live Music

cabq.gov/seniors