

October 2023



Medicare Fair

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

North Valley Senior Center
Wednesday, October 25, 2023
9:00 am to 11:00 am

Call 505-764-6400 for more information

Medicare **ONE ALBUQUE RQUE** senior affairs

cabq.gov/seniors

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
Vacant, Program Assistant
Melinda Sena, Cook
Lexie Garcia, Kitchen Aid
Victoria Hernandez, General Services

Special Dates & Announcements

10/9: Center Closed-Indigenous Peoples
10/24: Shot Clinic, GEHM Clinic
10/14: McCall's Trip
10/25: Money Matters, Medicare Fair
10/29: Halloween Dance
10/30: Veterans Services

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 3:15 pm - 4:15 pm
Zumba 5:30 pm - 6:30 pm

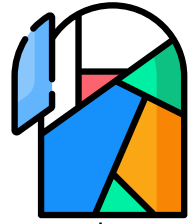
Wednesday

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
Parkinson's Support/Advisory Group 3pm-4pm
Dahn Yoga 3:15 pm - 4:15 pm



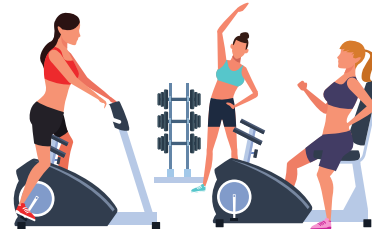
Friday

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 Holiday Donation Drive

Help spread some holiday cheer with your



generous donations!



Items Needed

- New Scarves, Hats, & Socks
- Adult Depends
- Cleaning Supplies
- Laundry Detergent
- Facial Tissue & Toilet Paper
- Soap, Lotion, & Grooming Sets



**Drop off donations by November 3rd
at any Senior/Multigenerational Center**

North Valley Senior Center

will be
CLOSED

**Monday, October 9, 2023
in observance of
Indigenous Peoples Day**

"Your Money Matters"

Bernalillo County Treasurer Nancy Bearce will be on hand to answer all your property tax questions.

**Wednesday, October 25, 2023
10:00am to 12:00pm**



McCall's Pumpkin Patch Trip

Join us on a trip NM's largest pumpkin patch for a day of fall fun!

Saturday, October 14, 2023

check in: 9am

admission: \$20.00

Sign up at the front desk!



YOU'RE INVITED TO A

**HALLOWEEN
DANCE**

OCTOBER 29 | 1:30 - 4PM

**COSTUMES OPTIONAL BUT, HIGHLY
ENCOURAGED!!**

MUSIC BY LA RAZA



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, oct. 1 - Paul Pino & Tone Daddies

Sunday, Oct. 8 - Amistad

Sunday, Oct. 15 - Desert Springs

Sunday, Oct. 22 - Chile Bean Express

SUNDAY OCT. 29 - LA RAZA-HALLOWEEN DANCE

New Mexico Department of Veterans Services

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

Last Monday of the Month
10:00am-2:00pm



Shot Clinic!

Covid Vaccine, Covid Booster & Flu Shots Available

No appointments necessary.

Tuesday, October 24, 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

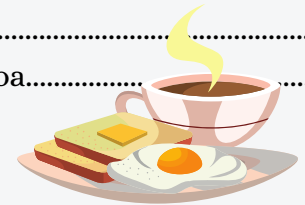
Oatmeal w/milk..... .70

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, October 24, 2023

9:00am - 12:00pm



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
2	3	4	5	6
<ul style="list-style-type: none"> ◆ Chicken fajitas ◆ Flour tortilla ◆ Ranch beans ◆ Hot sliced apples ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef stroganoff w/bowtie pasta ◆ Cauliflower w/red peppers ◆ Breadstick ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Omelet w/fajita blend ◆ Stewed tomatoes ◆ Tater tots ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Minestrone soup w/navy beans ◆ Corn bread ◆ Malibu blend ◆ Mixed fruit cup ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Lemon pepper tilapia ◆ Rice pilaf ◆ Calabacitas ◆ Chocolate chip cookie ◆ 1% milk 
9	10	11	12	13
<p>CLOSED</p> 	<ul style="list-style-type: none"> ◆ Sweet & sour pork w/brown rice ◆ Stir fry blend vegetables ◆ Pineapple upside down cake ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Frito pie (beef, pinto beans, chile, cheese, onions) ◆ Fritos ◆ Normandy blend ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Fish nugget w/tarter sauce ◆ Crinkle cut fries ◆ Carrots & peas ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken and rice soup ◆ Cherry cobbler ◆ Spinach ◆ Crackers ◆ 1% milk 
16	17	18	19	20
<ul style="list-style-type: none"> ◆ Cottage pie: ground beef, mashed potato, peas & carrots ◆ Corn bread ◆ Blueberry crisp ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Open faced turkey sandwich w/gravy ◆ Yams ◆ Green beans ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Spaghetti marinara w/squash ◆ Breadstick ◆ Malibu blend ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salisbury steak w/gravy ◆ Brown rice ◆ Peas ◆ JellO ◆ Dinner roll w/margarine ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Green chile stew (chicken & potatoes) ◆ Flour tortilla ◆ Pinto beans ◆ Sliced cinnamon apples ◆ 1% milk 
23	24	25	26	27
<ul style="list-style-type: none"> ◆ Beef tips w/gravy over egg noodles ◆ Brussel sprouts ◆ Peach cobbler ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken pot pie w/biscuit ◆ Diced beets ◆ Ancient grain ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked potato w/broccoli, cheese, sour cream ◆ Corn ◆ Baked beans ◆ Apple slices ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Orzo pasta ◆ Cauliflower ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Ham Mac & Cheese ◆ Cornbread ◆ Normandy bread ◆ Pineapple ◆ 1% milk 
30	31	1	2	3
<ul style="list-style-type: none"> ◆ Pork Loin w/gravy ◆ Rice pilaf ◆ Corn ◆ Dinner roll w/margarine ◆ Pear ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Mummy loaf in swamp water (Meatloaf w/gravy) ◆ Mashed potatoes ◆ Sliced carrots ◆ JellO ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Breaded chicken patty w/green chile white gravy ◆ Sweet potato ◆ Green beans ◆ Apple slices w/peanut butter cup ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pot roast w/potato, celery, carrots ◆ Italian blend ◆ Ancient grain ◆ Mandarin oranges ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Omelet w/mushrooms, spinach ◆ Hashbrowns ◆ Vegetable blend ◆ Yogurt ◆ 1% milk 



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, woodwork, ceramics, photography, mixed media, jewelry, and much more!

Arts & Crafts | Food Trucks | Live Music

Want to sell your works at the fair?

Please visit the front desk at any City of Albuquerque senior or multigenerational center to pick up an application. Application submission deadline is October 16, 2023.