

## September 2021

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me. Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director  
Department of Senior Affairs



## Center Hours

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

**Tues.: 8am-7pm Saturday Closed**

**Sun.: 12:30pm-5pm**

## September is National Senior Center Month!

*Whipped Cream. Sprinkles and  
Ice Cream Galore...*

Join us for an Ice Cream Sundae as we celebrate National Senior Center Month.

**Wednesday,  
September 8, 2021**

**12:00 - 1:00pm**

Sponsored by Molina Health Care



## 25th Annual Prime Time 50+ Expo

Free Health Screenings and Entertainment!  
Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.

**October 13, 2021 from 8am - 1:30pm  
at Embassy Suites.**

Accredited by   
National Institute of  
Senior Centers

# Thank You!

We want to give a **big** thank you to  
**NM Alliance for Retired Americans**  
for sponsoring Social Security's  
86th Birthday Celebration!

Everyone enjoyed the Mariachi's and the  
delicious cake and Mockaritas



## Mini Health Fair



A convention of  
free health booths!

**Thursday,**  
**September 9th**  
**9:00am - 11:00am**

## 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.



## Monthly Birthday Party!

Come Celebrate with us!

**3rd Thursday**

**9:00am - 9:30am**

Sponsored by

Harmony Home Health Hospice



## Blood Pressure Screening

Do you have high blood pressure?

How would you know?

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

**High blood pressure increases your risk of  
heart attack, kidney disease, vascular  
dementia and stroke.**

Join us for  
**FREE**

blood pressure screening.

**Wednesday, September 15, 2021**

**9:00am - 12:00pm**

Sponsored by



**"Autumn carries more gold in its  
pocket than all the other seasons"**

**-Jim Bishop**



**Is Back!**

**Wednesdays 2:00pm - 4:00pm**

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## Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:30pm

\$3 with current membership!



Sunday, September 5 - La Raza

Sunday, September 12 - Chile Bean Express

Sunday, September 19 - La Raza

Sunday, September 26 - Pure Gold

## Tuesday Night Zumba

Tuesdays beginning September 7, 2021.

5:30 - 6:30pm

\$4 per session



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## Enhanced Fitness!

Enhance Fitness - Evidence based group fitness class which includes strength training, flexibility, balance and aerobic training designed for older adults. Classes start August 2nd.

If interested or would like more info., please contact Henrietta Duran at [mshendyd@gmail.com](mailto:mshendyd@gmail.com) or text message her at 505-989-4410.

**Monday, Wednesday & Friday 8:15 - 9:15am.**

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## Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over glazing and/or staining, decorating, decals, etc.

**If interested please sign up at the front desk.**



**Get Your  
Flu Shot**

Flu Shots and the  
Covid Vaccine will be available!

**Wednesday,**

**September 1, 2021**

**9:00am - 12:00pm**

Sponsored by Walgreens

## Be BRAVE: a fall recovery class

Albuquerque Fire Rescue is proud to offer be BRAVE.

Be BRAVE is a dynamic discussion & practice 90-120 min. session aimed at discussing the fear of FALLING and its affect on daily life. The discussion will include but not limited to:

- Breathing (anatomy of breathing )
- Objective date: history of falls.
- Gait Strength and Balance
- Definition of a fall
- Fear cycles of falls
- How to get up off the ground
- Be BRAVE: Fall action plan
- Symptoms that are concerning
- Questions/comments

What to bring: Water, Layers & Secure shoes.

**Thursday September 9 & Tuesday, September 21**

**10:00am-11:30am**

please sign up at the front desk.



## Home Engagement Alternative Response Team

For more info. Contact Lt. Athena Valerio-Hirschfeld 505-768-3791

### How to Improve Your Memory

Join us for a two part presentation and get helpful tips to improve your memory.

**Wednesday, September 8th & September 15th**

**10:00am-11:00am**

please sign up at the front desk.



### Friendship Coffee

A cup of coffee shared with a friend is happiness tasted and time well spent.

**Wednesday, September 22.**

**9:00am-11:00am**

Sponsored by Legal Shield

**Wednesday, September 29.**

**9:00am-11:00am**

Sponsored by

Oak Street Health



### 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.

## 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 9 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 10 am - 11:30 am
- Fishing Club Meeting 10 am- 11am
- Poker 12 noon - 4 pm
- Chair Yoga 2-3pm
- 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
- Stained Glass 8:30-11:30am
- 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 2-3pm

## Thursday

- Fitness Room 8 am - 5pm
- Billiards 8 am - 5 pm
- Table Tennis 8 am - 5 pm
- 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
- Hatha Yoga 3:45-4:45pm
- 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
- Oil Painting Group 9 am - 12 noon
- Acupressure 8:00 am - 12 pm
- Poker 12 noon - 4 pm
- Pottery Open Lab 12 noon - 3 pm
- Open Computer Lab 1 pm - 3 pm
- Chair Yoga 2-3pm
- Board Game Group (every other) 2-4:30

## 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



# North Valley Senior Center Monthly Lunch Menu

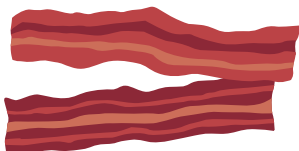
Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 761-4025 to make your reservation by 1:00pm the day prior.

## September

Monday	Tuesday	Wednesday	Thursday	Friday
30 ♦ Sliced Ham ♦ Corn Bread ♦ Pinto Beans ♦ Collard Greens ♦ Peaches ♦ 1% Milk 	31 ♦ Asian Beef Stir Fry ♦ Buttered Noodles ♦ Garlic Bread Stick ♦ Pineapple ♦ 1% Milk 	1 ♦ Fish & Chips ♦ Stewed Tomatoes ♦ Warm Sliced Apples ♦ 1% Milk 	2 ♦ Chicken Alfredo ♦ Green Beans ♦ Garlic Breadstick ♦ Strawberries ♦ 1% Milk 	3 ♦ Cheeseburger ♦ Tater Tots ♦ Lettuce/Tomato/Onion/Pickle ♦ Hamburger Bun ♦ Pear ♦ 1% Milk 
6 <b>Closed Labor Day</b> 	7 ♦ Cod Fish W/ Tatar Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Stupped Fruit ♦ 1% Milk 	8 ♦ Beef Tips W/ Gravy ♦ Bow Tie Pasta ♦ California Blend ♦ Pineapple ♦ 1% Milk 	9 ♦ Baked Ziti W/ Fajita Blend ♦ Italian Blend ♦ Garlic Breadstick ♦ Pudding ♦ 1% Milk 	10 ♦ Pulled Pork W/ BBQ ♦ Ranch Beans ♦ Spinach W/ Pearl Onions ♦ Dinner Roll W/ Margarine ♦ Apricots ♦ 1% Milk 
13 ♦ Teriyaki Chicken ♦ Oriental Vegetables ♦ Buttered Noodles ♦ Fortune Cookie ♦ 1% Milk 	14 ♦ Pollock Fish W/ Tatar ♦ Au Gratin Potatoes ♦ Capri Blend ♦ Orange ♦ 1% Milk 	15 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Jell-O W/ Fruit ♦ 1% Milk 	16 ♦ Roast Beef W/ Brown Gravy ♦ Peas & Carrots ♦ Roasted Red Potatoes ♦ Dinner Roll W/ Margarine ♦ Pudding ♦ 1% Milk 	17 ♦ Green Chile Cheeseburger ♦ Tater Tots W/ Ketchup ♦ Broccoli ♦ Hamburger Bun ♦ Pear ♦ 1% Milk 
20 ♦ Pasta Primavera ♦ Diced Tomatoes ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk 	21 ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Green Beans ♦ Peach ♦ 1% Milk 	22 ♦ Meatloaf W/ Gravy ♦ Mac & Cheese ♦ Sliced Carrots ♦ Pineapple ♦ 1% Milk 	23 ♦ Chili Bowl - Beef/Beans/Red Chile ♦ Succotash ♦ Combread ♦ Grapes ♦ 1% Milk 	24 ♦ Herb Pork Loin W/ Gravy ♦ Scalloped Potatoes ♦ Normandy Blend ♦ Applesauce ♦ 1% Milk 
27 ♦ Chicken & Rice Casserole ♦ Broccoli ♦ Cherry Cobbler ♦ 1% Milk 	28 ♦ Salmon W/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Scandinavian Blend ♦ Dinner Roll W/ Margarine ♦ Cupped Fruit ♦ 1% Milk 	29 ♦ Sweet and Sour Pork ♦ Stir Fry Blend ♦ Buttered Noodles ♦ Peaches ♦ 1% Milk 	30 ♦ Red Beef Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Yogurt ♦ 1% Milk 	1 ♦ Turkey Tetrizzini ♦ Italian Blend ♦ Breadstick ♦ Cookie ♦ 1% Milk 

Revised 07/16/21



**Breakfast Is back!**  
Please join us Monday-Friday  
8am-9am for breakfast.

