

## September 2022

Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance through our home services department.
- 38,944 transportation rides for older adults through our senior transportation services.
- 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
- 293,103 community members that participated in socialization programming through senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs



### 26th Annual Prime Time Expo

**FREE HEALTH SCREENINGS, ENTERTAINMENT AND MUCH MORE!**

October 11, 2022 | 8am-1:30pm | Embassy Suites

Transportation provided from City of Albuquerque Senior Center locations. See front desk staff for more information and to sign up.

### Falls Risk Screening Event

This FREE screening event includes strength and balance tests, home safety education, shoe fit clinic, and education on how older adults can improve their balance and decrease the chances of a fall.

September 23, 2022 | 8am-12pm

Palo Duro 50+ Sports and Fitness Center  
3351 Monroe NE 87110

For more information, call 505-880-2800

### Center Hours

**Mon., Wed., Thur., Friday: 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

Vacant, Office Assistant

Debbie Gomez-Southworth,

Program Assistant

Vacant - Program Assistant

Melinda Sena, Cook

Maryann De La O, Kitchen Aid

Victoria Hernandez, General

Services

### Special Dates & Announcements

9/3: Hatch Chile Festival Trip

9/5: Labor Day, Center Closed

9/7: Conference on Aging Watch Party

9/8: Conference on Aging Watch Party

9/12: Senior Day at the Fair

9/20: How Problem Gambling Can Affect

Families Presentation

9/22: Fall Hoedown



Accredited by

National Institute of  
Senior Centers



## Monday

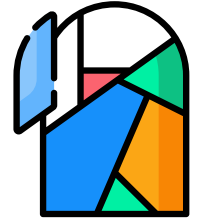
Fitness Room 8 am -5 pm  
 Billiards 8 am - 5 pm  
 Hand Quilting 8 am - 2 pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Pottery 8 am - 11:30 am  
 Tai Chi 9:30 am- 10:30 am  
 Photo Club 10 am - 11:30 am 1st & 3rd  
 Tarde de Oro Dance Group 9:30 am - 11:00 am  
 Fishing Club Meeting 10 am- 11am  
 Poker 12 noon - 4 pm  
**New:** NM Department of Veterans Services 12:30pm - 4:00pm Last Monday  
 Chair Yoga 2 - 3 pm  
 Gentle Hatha Yoga 3:45 pm - 4:45 pm



Computer Lab available during business hours

## Thursday

Fitness Room 8 am - 5pm  
 Billiards 8 am - 5 pm  
 Senior Law Office 9 - 11 am 3rd  
 Belts & Blocks Yoga 9:00am -10:00am  
 Stained Glass Class 9 am - 12 noon  
 Poker 12 noon - 4 pm  
 Table Tennis 1:00 - 4:45pm  
**New time!** Canasta Hand & Foot 1:15 - 4:30 pm  
 Dance for Parkinson's 2:00 - 3:00pm 1st & 3rd  
 Dahn Yoga 3:15 pm - 4:15 pm  
**New Member Orientation 2nd Thursday 10 - 11am**



## Tuesday

Fitness Room 8 am -7 pm  
 Billiards 8 am - 7 pm  
 Table Tennis 8am - 12pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Stained Glass Class 9 am - 12 noon  
 Guitar Jam Session 9:45 am- 11:45 am  
 Poker 12 noon - 4 pm  
 Reflexology 1pm - 3pm  
 Canasta Hand & Foot 1 pm - 5 pm  
 Dahn Yoga 3:15 pm -4:15 pm  
 Zumba 5:30 pm - 6:30 pm



## Friday

Fitness Room 8 am - 5 pm  
 Billiards 8 am - 5pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Reflexology 11 am- 1 pm  
 Poker 12 noon - 4 pm  
 Pottery Open Lab 12 noon - 3 pm  
 Tai Chi 9:30 - 10:30 am  
 Chair Yoga 2 - 3 pm  
**NEW:** Zumba 3:30 pm- 4:30pm



## Wednesday

Fitness Room 8 am -5 pm  
 Billiards 8 am - 5 pm  
 Flea Market 8:30 - 11:30 am  
 Pilates 8:30 am - 9:30 am  
 Stained Glass Class 9 am - 12 noon  
 Arts & Crafts Sharing 10 am - 12 noon  
 Music w/ Caramba 10:30 am - 12:30 pm  
 Poker 12 noon - 4 pm  
 Bingo 2 pm - 4 pm  
 Chair Yoga 2 - 3 pm



## Sunday

Fitness Room 12:30 pm - 5 pm  
 Billiards 12:30 pm - 5 pm  
 Table Tennis 1:00 pm - 4:30 pm  
 Hand Quilting 12:30 pm - 5pm  
 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.

General Information

### How Problem Gambling Can Affect Families Presentation



Join Peopleworks-NM in a presentation that addresses problem gambling and how it affects adults and their loved ones.

Presented by.



**Tuesday, September 20, 2022**  
**9:00am-10:00am**  
**Sign up at the front desk!**

### Blue Cross Blue Shield of N.M. Care Van

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10-11am. Visit with front desk staff for more information or to sign up and reserve your space.



**Wednesday, September 28, 2022**  
**8:30am to 11:00am**  
**Transportation will be available!**

### FLU Shots

Come get your flu shot at the center **Monday, September 19, 2022** **11:00am-12:30pm** no appointment necessary.



provided by



### New Mexico Department of Veterans Services

**Last Monday of the Month**  
**12:30pm-4:00pm**

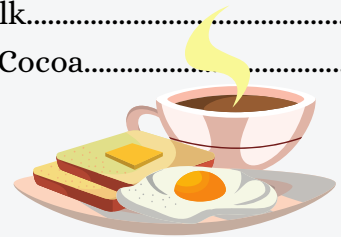
Here to help veterans and eligible family members with any state benefits and services.



### Breakfast Menu

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

<b>Full Breakfast</b> .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
<b>Mini Breakfast</b> .....	.75
1 egg, 1 bacon. or sausage, hash browns, english muffin, toast or tortilla	
<b>Breakfast Burrito</b> .....	1.50
(chile optional)	
<b>A-la Carte</b>	
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
<b>Drinks</b>	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



### Shot Clinic

Covid Vaccine and Covid Booster  
No appointments necessary.  
**Tuesday, September 27, 2022**

**1:00pm- 4:00pm**  
Sponsored by



## Sunday Afternoon Dances

Dance to live music  
Sundays 1:30pm to 4:00pm  
\$3 with current membership!



Sunday, September 4th - Amistad  
Sunday, September 11th - La Raza  
Sunday, September 18th - Tino's Band  
Sunday, September 25th - Chile Bean Express

## Monthly Birthday Party!

Come Celebrate with us!  
**Tuesday, September 13, 2022**

**11:30am - 12:30am**

Sponsored by



## Breakfast w/ Morada Assisted Living

Enjoy a **FREE** breakfast courtesy of Morada Assisted Living. **Wednesday, September 21, 2022**

8:00am – 9:00am

### Menu (Regular breakfast will not be available)

- Southwestern Scramble (Scrambled Eggs with Onions, Peppers and Cheese) w/ Salsa on the Side
- Crispy Bacon
- Breakfast Potatoes
- Flour Tortillas
- Fruit Cup
- Milk and Orange Juice
- Coffee
- Assorted Mini Danish



## 44th Annual Conference on Aging Watch Party!

North Valley and the conference on aging are teaming up to provide a watch party complete with live entertainment featuring **Sonny's Boy 9/7 and Chunda 9/8**. Please join us for workshops that effect you and your loved ones! Visit with front desk staff for more information or to sign up so we know you'll be attending our event and register for the conference.

**September 7th & 8th**  
**8:00am-4:30pm**



**WE LOVE VOLUNTEERS**

## Volunteers Needed!

### North Valley Senior Center needs your help!

We need help with our Sunday Afternoon Dances

- Serving snack
- answering phones/front desk
- wrist bands
- greeters

Please consider volunteering we could really use the extra hands.

For more information call 505-761-4025 or stop by the front desk.



## Matter of Balance: Fall Prevention class

Are you worried about falling? Join Oasis of Albuquerque in their fall prevention class from September 29 to November 17, 2022.

**Thursdays from 10:30am-12:30am.**

**Sign up at the front desk!**



Learn how to:

- Reduce your fall risk factors
- Increase your activity levels
- Reduce your fear of falling

## Senior Day @ the State Fair Trip!

**FREE  
ADMISSION!**

Monday, September 12, 2022

**Check in- 8:45am**

**Depart- 9:00am**

**Return- Approx. 2:00pm**

**\*Lunch at own expense**

Sign up at the front Desk!



## NEW! Dance Class w/ Jacqueline Bequette

Join our new dance class! Come learn different styles of dancing, including ballroom dance, Waltz, tango, swing, rumba, cha cha, salsa, bolero, and much more!



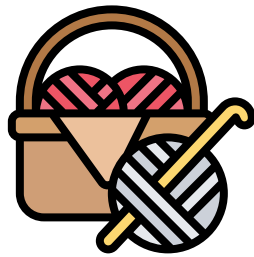
**Tuesdays, starting September 20, 2022**  
**2:00pm-3:00pm \$1 per person**

## NEW! Beginner Crochet Class

Come learn how to crotchet with the North Valley's Happy Crafters Group. All you need is a 6mm J-hook needle. No experience necessary.

**Wednesday, September 7**  
**10:00am-12:00pm**

Sign up at the front desk!



## Senior Citizen Law Office

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

**3rd Thursday**  
**9:00am - 11:00am**  
**(505)265-2300**



## Friendship Coffee

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

**Every Monday and Wednesday**

**8:30am-10:30am**

**Thursday, September 15 & September 29**

**10:00am-12:00pm**

**8:00am-9:00am**

Thank you to the following Sponsors:



## Abuelos y Ninos Movie Night in the Patio



Come celebrate Grandparents Day with us! Bring your grandchildren or special youngster and enjoy a free movie. Refreshments will be served!

**Tuesday, September 13**  
**Movie starts at 4:00pm**



## 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, September 27, 2022**  
**8:30am - 12:00pm**



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.

**ONE  
ALBUQUE  
RQUE**

# SEPTEMBER 2022

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
<p>Aug 29</p> <ul style="list-style-type: none"> <li>♦ Sliced Ham</li> <li>♦ Corn Bread</li> <li>♦ Pinto Beans</li> <li>♦ Collard Greens</li> <li>♦ Peaches</li> <li>♦ 1% Milk</li> </ul> 	<p>Aug 30</p> <ul style="list-style-type: none"> <li>♦ Beef &amp; Vegetable Stir Fry</li> <li>♦ Buttered Noodles</li> <li>♦ Fresh Seasonal Fruit</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ 1% Milk</li> </ul> 	<p>Aug 31</p> <ul style="list-style-type: none"> <li>♦ Fish &amp; Chips</li> <li>♦ Stewed Tomatoes</li> <li>♦ Warm Sliced Apples</li> <li>♦ Whole Grain Roll</li> <li>♦ 1% Milk</li> </ul> 	<p>Sept. 1</p> <ul style="list-style-type: none"> <li>♦ Chicken Alfredo</li> <li>♦ Steamed Broccoli</li> <li>♦ Seasonal Vegetable</li> <li>♦ Fresh Strawberries</li> <li>♦ 1% Milk</li> </ul> 	<p>Sept. 2</p> <ul style="list-style-type: none"> <li>♦ Green Chile Cheeseburger</li> <li>♦ Tater Tots</li> <li>♦ Sliced Tomatoes</li> <li>♦ Watermelon</li> <li>♦ 1% Milk</li> </ul> 
<p>5</p> <p><b>CLOSED FOR LABOR DAY HOLIDAY</b></p>	<p>6</p> <ul style="list-style-type: none"> <li>♦ Cod Fish</li> <li>♦ Brown Rice</li> <li>♦ Rosemary Potatoes</li> <li>♦ Brussels Sprouts</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Beef Tips in Gravy</li> <li>♦ Whole Grain Pasta</li> <li>♦ Steamed Broccoli</li> <li>♦ Roasted Carrots</li> <li>♦ Pineapple</li> <li>♦ 1% Milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti w/ Veggies</li> <li>♦ Cauliflower</li> <li>♦ Breadstick</li> <li>♦ Fresh Berries</li> <li>♦ Greek Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ BBQ Pulled Pork</li> <li>♦ Ranch Beans</li> <li>♦ Spinach w/ Onions</li> <li>♦ Whole Grain Dinner Roll</li> <li>♦ Peaches</li> <li>♦ 1% Milk</li> </ul> 
<p>12</p> <ul style="list-style-type: none"> <li>♦ Teriyaki Chicken Stir Fry w/ Veggies</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Brown Rice</li> <li>♦ Mandarin Orange</li> <li>♦ Fortune Cookie</li> <li>♦ 1% Milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Pollock Fish</li> <li>♦ Parsley Potatoes</li> <li>♦ Green Peas</li> <li>♦ Combread</li> <li>♦ Fresh Red Grapes</li> <li>♦ 1% Milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Pork Carnitas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Flour Tortilla</li> <li>♦ Fresh Banana</li> <li>♦ 1% Milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Roast Beef w/ Gravy</li> <li>♦ Roasted Carrots</li> <li>♦ Mashed Potatoes</li> <li>♦ Whole Grain Dinner Roll</li> <li>♦ Seasonal Fresh Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera w/ Veggies</li> <li>♦ Spinach</li> <li>♦ Garlic Breadstick</li> <li>♦ Cantaloupe</li> <li>♦ Greek Yogurt</li> <li>♦ 1% Milk</li> </ul> 
<p>19</p> <ul style="list-style-type: none"> <li>♦ Meatloaf w Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Sliced Carrots</li> <li>♦ Whole Grain Dinner Roll</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% Milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Rotisserie Chicken</li> <li>♦ Brown Rice</li> <li>♦ Roasted Beets</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Peaches</li> <li>♦ 1% Milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>♦ Beef Chili Bowl</li> <li>♦ Succotash</li> <li>♦ Combread</li> <li>♦ Red or Green Grapes</li> <li>♦ 1% Milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ Southwest Omelet</li> <li>♦ Stewed Tomatoes</li> <li>♦ Hash Browns</li> <li>♦ Flour Tortilla</li> <li>♦ Fresh Banana</li> <li>♦ 1% Milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Herbed Pork Loin</li> <li>♦ Ancient Grain Blend</li> <li>♦ Cauliflower</li> <li>♦ Sauteed Zucchini</li> <li>♦ Applesauce</li> <li>♦ 1% Milk</li> </ul> 
<p>26</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken and Cheesy Rice</li> <li>♦ Corn &amp; Red Peppers</li> <li>♦ Broccoli</li> <li>♦ Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Salmon w/ Lemon Butter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Seasonal Vegetables</li> <li>♦ Whole Grain Roll</li> <li>♦ Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour Pork w/ Stir Fry Veggies</li> <li>♦ Cabbage</li> <li>♦ Warm Apples</li> <li>♦ Whole Grain Roll</li> <li>♦ 1% Milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Beef Enchiladas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Cherry Cobbler</li> <li>♦ 1% Milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrazzini</li> <li>♦ Italian Vegetables</li> <li>♦ Bread Stick</li> <li>♦ Sugar Cookie</li> <li>♦ 1% Milk</li> </ul> 

Join us for food,  
music and Fun!

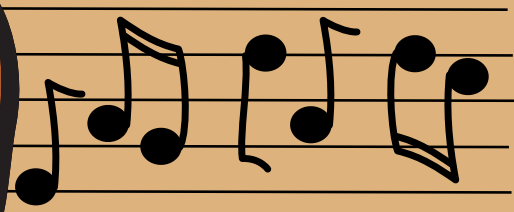
NORTH VALLEY SENIOR CENTER

# FALL HOEDOWN

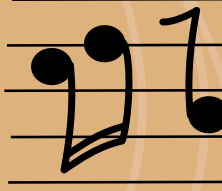


THURSDAY,  
SEPTEMBER 22, 2022  
2:00PM-4:00PM

ONE ALBUQUE senior affairs  
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MUSIC BY:  
CHUNDA



Sponsored by



# 44th Annual Conference on Aging

NORTH VALLEY AND THE CONFERENCE ON AGING ARE TEAMING UP TO PROVIDE A

## Watch Party!

September 7th & 8th 8am-4pm

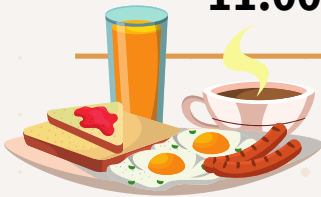
Live Music, Giveaways, Free Breakfast & Refreshments!

**SONNY'S BOY**

WEDNESDAY  
SEPTEMBER 7, 2022  
11:00 AM - 1:00PM

THURSDAY  
SEPTEMBER 8, 2022  
11:00 AM - 1:00PM

**CHUNDA**



**FREE  
BREAKFAST**

WEDNESDAY AND  
THURSDAY  
8:00 AM - 9:00 AM

**ICE CREAM SUNDAE  
AND PIE**



LUNCH WILL BE SERVED  
11:30AM TO 1:00PM  
RESERVATIONS REQUIRED

