

January 2023

Veteran Wall of Honor Picture Day

TEN HUT!

Calling all North Valley Senior Center Veterans!

Have you noticed our Veteran's Wall of Honor as you walk into our center? Are you a veteran who would like to be part of this celebration of our members' military service? Fill out an application at the front desk and schedule a time to have your picture taken.

Thank you for your service to our nation!

Friday, January 20, 2023, 11:00am to 1:00pm



A NEW YEAR IS LIKE A BLANK BOOK, IT HAS 12 CHAPTERS AND 365 PAGES, AND YOU ARE THE AUTHOR.

MY WISH FOR YOU IS THAT THIS YEAR, YOU WRITE THE MOST BEAUTIFUL STORY POSSIBLE FOR YOURSELF!

Happy

New Year **2023**

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

Debbie Gomez-Southworth, Office
Assistant

Jason Mercado, Program Assistant

Michelle Garcia Program Assistant

Melinda Sena, Cook

Maryann De La O, Kitchen Aid

Victoria Hernandez, General
Services

Special Dates & Announcements

1/2: New Years Holiday, Center Closed

1/12: UNM Cooking Demo Presentation

1/16: MLK Holiday, Center Closed

1/20: Veteran Wall Picture Day

1/28: Belen Matanza Trip

1/30: Hearing Screenings and Presentation

1/31: Lunch @ 66 Diner Trip

Accredited by



National Institute of
Senior Centers

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
 Pottery 8:00 am - 11:30 am
 Tai Chi 9:30 am- 10:30 am
 Photo Club 10:00 am - 11:30 am 1st & 3rd
 Tarde de Oro Dance Group 9:30 am - 11:00 am
 Fishing Club Meeting 10:00 am- 11:00 am
 Poker 12:00 pm - 4:00 pm
 NM Department of Veterans Services 12:30pm - 4:00pm
 Last Monday



Computer Lab available during business hours



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
 Poker 12:00 pm - 4:00 pm
 Canasta Hand & Foot 1:15 pm - 4:30 pm
 Dance for Parkinson's 2:00 pm - 3:00 pm 1st & 3rd
 Dahn Yoga 3:15 pm - 4:15 pm

Tuesday

Fitness Room 8:00 am -7:00 pm
 Billiards 8:00 am - 7:00 pm
NEW TIME: Table Tennis 8:00 am - 12:00pm
 Enhanced Fitness 8:15 am - 9:15 am
 Stained Glass Class 9:00 am - 12:00 pm
 Guitar Jam Session 9:45 am- 11:45 am
NEW TIME: New Member Orientation 2nd Tuesday
 10:00 am - 11:00 am
 Poker 12:00 pm - 4:00 pm
 Reflexology 1:00 pm - 3:00 pm
 Canasta Hand & Foot 1:15pm -5:00 pm
NEW:Dance Class 2:00 pm-3:00 pm
 Dahn Yoga 3:15 pm -4:15 pm
 Zumba 5:30 pm - 6:30 pm



Friday

NEW TIME: 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
NEW: Chair Yoga 10:00 am-11:00 am
 Poker 12:00 pm - 4:00 pm
 Pottery Open Lab 12:00 pm - 3:00 pm
NEW: Computers w/ Mike 1:00 pm - 2:00 pm
 Tai Chi 9:30 am- 10:30 am
 Zumba 3:30 pm- 4:30 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 - 12:30 pm
 Poker 12:00 pm - 4:00 pm
 Bingo 2:00 pm - 4:00 pm



Sunday

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

General Information & Assistance

Happy New Year!

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit cabq.gov/seniors or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna Sanchez, Director

Department of Senior Affairs

Get Ready for Tax Season!

AARP Foundation Tax-Aide will be returning to North Valley Senior Center on Thursdays this upcoming year to provide free tax assistance to our members and our community.



Appointments begin on February 3, 2023, and conclude on April 13, 2023. Please see us at the front desk after January 2, 2023, to find out more about setting an appointment and to pick up the forms you need to complete before your tax appointment.

Hearing Screenings & Presentation

Join Beltone Board in a quick presentation that addresses the importance of getting your hearing checked and monitored. Also, sign up to get a hearing screening at no cost.

Monday, January 30, 2022

Presentation, 12:00pm-12:10pm

Screenings, 12:15pm – 4:00pm

Sign up at the front desk!



Dance Class w/ Jacqueline

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 from 2:00pm-3:00pm

\$1 per person



Chair Yoga Class

\$5 per class

Every Friday

10:00am-11:00am

Sign up at the front desk!



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
12:30pm-4:00pm**



Monthly Birthday Party!

Come Celebrate with us!
Tuesday, January 10, 2022
11:30am - 12:30am

Sponsored by



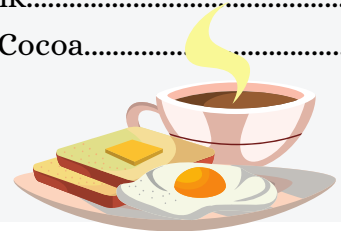
Breakfast Menu

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 Breakfast75
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



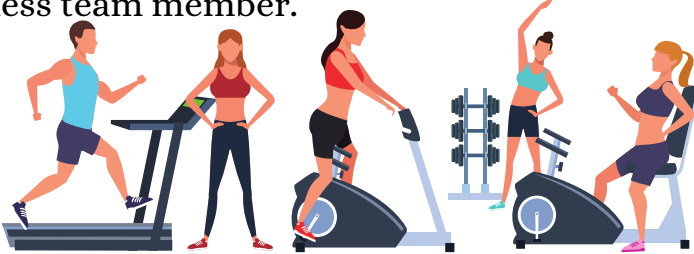
Computers w/ Mike

Do you have computer questions?
Mike is here to help answer basic
Windows computer questions.
Check in and stop by the
computer lab. **Thursdays 1pm-2pm**



Fitness Equipment Orientation

Need help learning to use the Fitness
Equipment properly? Call **505-880-2800** to
schedule your appointment with a Sports &
Fitness team member.



Senior Citizen Law Office

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

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



Shot Clinic

Covid Vaccine and Covid Booster
No appointments necessary.
Monday, January 23, 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, January 1st - No Dance (Holiday)
Sunday, January 8th - Chile Bean Express
Sunday, January 15th - La Raza
Sunday, January 22nd - Milagro
Sunday, January 29th - Impression

Friendship Coffee



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

Wednesdays - 8:30am-10:30am
Monday, January 23 - 8:30am-10:30am

Thank you to the following Sponsors:



Belen Matanza Trip

Saturday, January 28, 2023



Check in - 7:00am
Depart - 7:15am
Return - Approx.
2:30pm

Tradition, Food, Fun Cost- \$20.00 at the door

Sign up at the front desk!

Lunch @ 66 Diner Trip

Tuesday, January 31, 2023

Sign up at the front desk!



***Lunch at own expense!**

Check in - 10:30am
Depart - 10:45am
Return - Approx. 1:00pm



UNM Cooking Demo

Join UNM in a cooking demonstration using recipes for 1-2 people and receive a 2023 calendar with additional recipes, nutrition information, and physical activity tips.

Thursday,
January 12, 2023
9:30am-11:00am

Sign up at the front desk!



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, January 24
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



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed in Observance of New Year's Day	<ul style="list-style-type: none"> ◆ Beef Tips w/Gravy/Pasta ◆ Green Peas ◆ Bread Stick ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Omelet w/Cheese/Veggies ◆ Diced Red Potatoes ◆ Peach Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Steamed Broccoli ◆ Seasonal Vegetable ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork chop with Rice ◆ Seasonal Vegetable ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk 
9	10	11	12	13
<ul style="list-style-type: none"> ◆ Baked Tilapia ◆ Collard Greens ◆ Corn Bread ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Alfredo w/Green Chile ◆ Sliced Carrot ◆ Steamed Broccoli ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/Brown Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Red Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Brown Fried Rice ◆ Stir Fry Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 
16	17	18	19	20
Closed for Martin Luther King Day	<ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Fajita Blend ◆ Cabbage ◆ Vanilla Pudding ◆ Flour Tortilla ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Green Beans ◆ Breadstick ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roasted Pork Loin ◆ Seasonal Vegetable ◆ Brussel Sprouts ◆ Pineapple ◆ Dinner Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sloppy Joes ◆ Tater Tots ◆ Broccoli ◆ Seasonal Fruit ◆ 1% Milk 
23	24	25	26	27
<ul style="list-style-type: none"> ◆ Chicken Parmesan ◆ Ancient Grain ◆ Cauliflower ◆ Mandarin Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Calabacitas ◆ Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ French Fries ◆ Bell Pepper & Onions ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod ◆ Lemon Butter Orzo ◆ Spinach & Onions ◆ Applesauce ◆ Dinner Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet & Hash Browns ◆ Stewed Tomatoes ◆ Cherry Cobbler ◆ Biscuit ◆ 1% Milk 
30	31	1	2	3
<ul style="list-style-type: none"> ◆ Salmon ◆ Rotini Pasta ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Beef Enchiladas ◆ Spanish Rice ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Zucchini ◆ Garlic Breadstick ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Roasted Sweet Potatoes ◆ Collard Greens ◆ Dinner Bread ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Ham & Potato Soup ◆ Roasted Corn & Red Peppers ◆ Cherry Cobbler ◆ Biscuit ◆ 1% Milk 

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.