

February 2022

Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit cabq.gov/seniors for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,

Anna Sanchez, Director Department of Senior Affairs



Congratulations America!

America Bencomo has accepted the Manager position at Los Volcanes. America was the Activity Coordinator here at North Valley for the past 7 yrs. We wish her the best of luck on a well deserved promotion! America will be dearly missed!



Accredited by 
National Institute of Senior Centers

Center Hours

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

Tues.: 8am-7pm Saturday Closed

Sun.: 12:30pm-5pm

North Valley Senior Center Staff

Anita Hamel, Center Manager

Vacant, Coordinator

Daphne Flores, Office Assistant

Debra Gomez-Southworth,

Program Assistant

Viridiana Rodrigues-Flores,

Program Assisant

Melinda Sena, Cook

Maryann De La O, Kitchen Aid

Vacant, General Services

Special Dates & Announcements

2/10: Shot Clinic

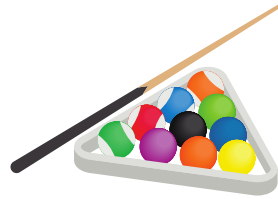
2/13: Sweetheart Dance

2/16: Free Computer Class

2/21: Presidents' Day - Center Closed

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 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
Chair Yoga 2 - 3 pm
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
Flea Market 8:30 - 11:30 am
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 - 3 pm



Thursday

Fitness Room 8 am - 5pm
Billiards 8 am - 5 pm
Table Tennis 8 am - 5 pm
Senior Law Office 9 - 11 am 3rd
NEW Belts & Blocks Yoga 9:00am -10:00am
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
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
Acupressure 9:00 am - 12 pm
Poker 12 noon - 4 pm
Pottery Open Lab 12 noon - 3 pm
Open Computer Lab 1 pm - 3 pm
Tai Chi 9:30 - 10:30 am
Canasta Hand & Foot 1 - 4:30 pm
Board Games 2 pm
Chair Yoga 2 - 3 pm



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



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.

Sunday Afternoon Dances

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



Sunday, February 6th -Rhythm Devine
Sunday, February 13th -Chile Bean Express
Sunday, February 20th -Sonny's Boy
Sunday, February 27th - De Luz

Monthly Birthday Party!

Come Celebrate with us!
Thursday, February 17th, 2022

10:00am - 11:00am

Sponsored by



UNM Focus Group

UNM is hosting focus groups in English and Spanish seeking shared experiences involving living a healthy lifestyle as an older adult. Help us gain perspective on healthy living and some of its challenges.

March 7, 2022

10-11:30am

North Valley Center.

To participate, email

jajohnston@salud.unm.edu or

call 505-266-6032 to sign up



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.



AARP Tax-Aide

Tax Season is Here! AARP will be providing free tax assistance to seniors every Friday from **February 4, 2022 to April 15, 2022.**

Appointments will be required. Visit the front desk for more information.



Friendship Coffee

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

Wednesday, February 2, 9, 16 and 23

8:30am-10:30am

Thank you to the following Sponsors:



NEW! Colcha Embroidery Class



Colcha Embroidery is a folk art characteristic of Northern New Mexico and Southern Colorado history, traditions and cultural expression. The cost is \$25 and includes fabric, yarns and needles as well as written materials of the Colcha Embroidery technique. Students only need to bring a pair of scissors.

Thursday, March 10th

1:30 - 4:30pm

Cost: \$25

Instructor: Annette Gutierrez-Turk

Space is limited. Sign up at the front desk!

FLEA MARKET

Is Back!

Wednesdays

8:30 - 11:30am



North Valley Arts & Crafts Sharing

This is an invitation to join the Arts and Crafts Sharing group every Wednesday 9:00 am to 12:00 pm at the North Valley Senior Center.

The group has been meeting for several years and work on a variety of arts and crafts projects. Below is a list of projects the group has worked on recently:

Diamond Dots
Plastic Canvas
Coloring books
Embroidery
Crochet
Knitting



We all come from various artistic backgrounds and have different levels of experience. One in our group started at age 10 and another at 16. Some started in our teens taught by a cousin, neighbor, or mother-in-law and a few of us still have our first-ever project. Many of us also volunteer at various community programs.

All interests and experience levels are welcome. Come and join us, have fun, and enjoy our many projects and beautiful work!!



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

3rd Thursday

9:00am - 11:00am

Shot Clinic!

Covid Vaccine, Covid Booster
and FLU shot clinics.

No appointments necessary.

Tuesday, February 10th

9am-12pm

Sponsored by



NEW! Belts & Blocks Yoga

Belts & Blocks Yoga helps improve posture and core strength as well as reduce lower back pain and increase muscle flexibility.



Thursdays

9:00am - 10:00am

The logo for diverseIT, with "diverse" in a lowercase sans-serif font and "IT" in a larger, bold, uppercase sans-serif font. A colorful arc is above the "i" in "diverse".

FREE Computer Class!

What's Real on the Internet?

Whether you're looking at a website, a video, or a news story learn how to spot unreliable sources, fake pages and profiles to avoid sharing misinformation.

Wednesday, February 16, 2022

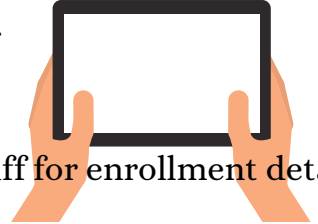
10:00am - 12:00m

Sponsored by *Adelante*

Sign up at the front desk.

Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.



Visit with center staff for enrollment details.

Sweetheart Dance

Sunday, February 13th

1:30 to 4:30pm

Music by
Chile Bean Express
\$3



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, February 22nd

8:30am - 12:00pm



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.

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Seasonal Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/ Tatar ◆ White Rice ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Memphis Dry-Rubbed Chicken ◆ Seasonal Vegetables ◆ Combread ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Peas and Carrots ◆ Peach Crumble ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop ◆ Mashed Red Potatoes ◆ Crispy Roasted Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk
7	8	9	10	11
<ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Homemade Mac-N-Cheese ◆ Collard Greens ◆ Dinner Bread w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey with Gravy ◆ Mashed Potato with Gravy ◆ Steamed Broccoli ◆ Dinner Roll with Margarine ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Low Sodium Ham and Potato Soup ◆ Steamed Carrots ◆ Biscuit ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Rec Chile Beef Enchilada ◆ Spanish Rice ◆ Pinto Beans ◆ Seasoned Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Buttered Noodles ◆ Succotash ◆ Seasoned Fruit ◆ 1% Milk
14	15	16	17	18
<ul style="list-style-type: none"> ◆ Baked Ziti/Pasta/Marinara and Cheese ◆ Season Vegetable ◆ Garlic Bread Stick ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ham w/ Pineapple Sauce ◆ Sweet Potatoes ◆ Broccoli-Cauliflower-Carrots ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Teriyaki Chicken ◆ White Rice ◆ Steamed Crinkle Cut Carrots ◆ Apple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Tilapia w/ Tartar Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetable ◆ Seasoned Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Beans with Beef, Cheese and Onions ◆ Crispy Roasted Cauliflower ◆ Tortilla ◆ Brownie ◆ 1% Milk
21	22	23	24	25
<p>Closed Holiday Presidents Day</p>	<ul style="list-style-type: none"> ◆ Soft Chicken Tacos ◆ Tortillas ◆ Spanish Rice ◆ Corn with Red Peppers ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Bun ◆ Baked Beans ◆ Steamed Carrots ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Swedish Meatballs w/ Gravy ◆ Steamed Green Beans ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon with Garlic Sauce ◆ Angel Hair Pasta with Diced Tomatoes ◆ Season Vegetable ◆ Jell-O w/ Fruit ◆ 1% Milk



The Department of Senior Affairs Senior Meal Program is proud to be part of the "New Mexico Grown" state initiative:

- Supporting economic growth by incorporating fresh local produce provided by our own New Mexican farmers.
- Providing locally sourced produce with less single use packaging which lessens our environmental impact.
- Providing fresh produce is higher in vitamins than frozen or canned foods ensuring seniors can count on us for a fresh and healthy meal.

Please join us Monday-Friday 8:00am-9:00am for breakfast.