

July 2022

Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what's going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website. Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque's City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico. As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our "Coffee with Constituents" events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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

Viridiana Rodriguez-Flores,

Coordinator

Daphne Flores, Office Assistant

Debbie Gomez-Southworth,

Program Assistant

Vacant - Program Assisant

Melinda Sena, Cook

Maryann De La O, Kitchen Aid

Victoria Hernandez, General

Services

Special Dates & Announcements

7/4: 4th of July, Center Closed

7/12-7/13: Fitness Center Closed

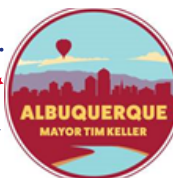
7/21: Albuquerque Museum Trip

7/26: Smart Shopper Presentation

**North Valley Senior Center Will be
Closed**

Monday July 4, 2022

**in Observance of the
4th of July Holiday!**



Accredited by
ncoa
National Institute of
Senior Centers

The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

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
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
New time! 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
Open Computer Lab 1 pm -3 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



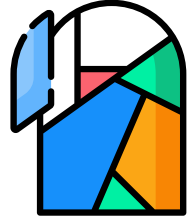
Wednesday

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
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
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
Open Computer Lab 1 pm - 3 pm
New time! Table Tennis 1:00 - 4:45pm
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



Friday

Fitness Room 8 am - 5 pm
Billiards 8 am - 5pm
Enhanced Fitness 8:15 am - 9:15 am
Acupressure 9:00 am - 12 pm
Reflexology 11 am- 1 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
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.

Smart Shopper Presentation

Join the Senior Citizens' Law Office for a presentation on how to Be a Smart Shopper! An SCLO staff attorney will give practical consumer tips covering such topics as: how to deal with debt collectors; recognizing scams; online shopping and product safety; buying a used car, and more.



Tuesday, July 26, 2022
9:00am-10:00am
Sign up at the front desk!

Bilingual Conversations

Join our new language class! Beginner friendly classes in both English and Spanish. Participants will learn to read and write and acquire the skills needed to conduct simple conversations concerning daily needs.

*Hello
Goodbye
Thank you
Please*



*Hola
Adios
Gracias
Porfavor*

Tuesdays and Thursdays in August
9:30am - 10:30am
Sign up at the front desk!

FLEA MARKET

Is Back!

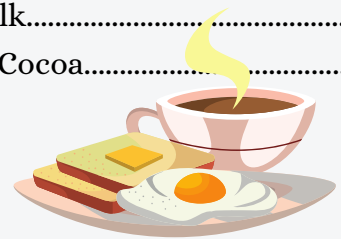
Wednesdays
8:30 - 11:30am



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



Fitness Center Daily Closure!

North Valley Fitness Center will be
CLOSED daily
1:30 to 2:00pm
for cleaning.



Sunday Afternoon Dances

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



Sunday, July 3rd - Milagro
Sunday, July 10th - Chile Bean Express
Sunday, July 17th - De Luz
Sunday, July 24th - Latin Soul
Sunday, July 31st - Amistad

Monthly Birthday Party!

Come Celebrate with us!

Tuesday, July 12, 2022

11:30am - 12:30am

Sponsored by



Table Tennis

With the arrival of new fitness equipment Table Tennis will have a new home.

The table will be available in

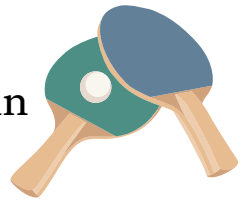
Room 3

Tuesdays 8:00am to 12:00pm,

Thursdays 1:00pm to 4:45pm, and

Room 4

Sundays 1:00 to 4:30pm



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.



North Valley Senior Center Library

Mystery, Romance, Drama Awaits!

Looking for a good book to read? Have you stopped by North Valley's library lately? Located just before the Billiards room, our library is for users to take books to read and donate books for others enjoyment. The library is open anytime during normal business hours.



Shot Clinic

Covid Vaccine and Covid
Booster

No appointments necessary.

Tuesday, July 19, 2022

1:00pm- 4:00pm

Sponsored by





New Gym Equipment!

We're so excited to announce that our fitness center is finally expanding!

The fitness center will be **closed Wednesday, July 13 and Thursday, July 14** for the installation of the new equipment.

UPCOMING TRIP!



Albuquerque Museum

\$4 Admission Fee

***Lunch at own expense**

Art. History. People.

Thursday, July 21, 2022

9:00am-1:00pm

Sign up at the front Desk!



4th of July Bingo!



Join us Friday, July 1, 2022

Starts at 10am

Social Hall

Live music by **CHUNDA**

Oldies But Goodies

at 11:30am



FOOD, FUN, PRIZES

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.

Wednesday, July 6, 13, 20, and 27

8:30am-10:30am

Thank you to the following Sponsors:



NEW! Zhineng Qigong



Regular practice of Zhineng Qigong increases vital energy and unblocks the energy channels of the body to bring about a free flow of qi and blood. Both body and mind are used to improve health and heal illness.

Fridays, starting August 19, 2022

10:00am - 11:30am

Rick Silver, Certified Instructor

Space is limited. Visit 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, July 26, 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
ROQUE**

July 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative providing locally sourced produce ensuring our seniors a healthy meal.</p>				<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Sweet Corn ◆ Steak Fries w/Ketchup ◆ Watermelon ◆ 1% Milk 
4	5	6	7	8
<p>CLOSED</p> 	<ul style="list-style-type: none"> ◆ Lemon Pepper Chicken w/Brown Rice ◆ Diced Beets ◆ Roasted Brussels Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Egg Salad Sandwich on Whole Grain Bread w/ Lettuce & Tomato ◆ Carrot Sticks ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll ◆ Steak Fries w/Ketchup ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Whole Wheat Pasta w/ Diced Tomatoes ◆ Calabacitas ◆ Yogurt ◆ 1% Milk 
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Pork Chop w/ Brown Rice ◆ Rosemary Potatoes ◆ Seasonal Vegetable ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajita w/ Onions, Red & Green Peppers ◆ Pinto Beans ◆ Flour Tortilla ◆ Baked Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce ◆ Spinach ◆ Breadstick ◆ Fresh Seasonal Fruit ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod w/ Tartar Sauce over Brown Rice ◆ Stewed Tomatoes ◆ Green Beans ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Parmesan ◆ Spaghetti w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spinach ◆ Pinto Beans ◆ Flour Tortilla ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet n Sour Chicken w/ Stir Fry Vegetables ◆ Seasonal Vegetable ◆ Brown Rice ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Gravy ◆ Mashed Potatoes ◆ Seasonal Vegetable ◆ Fresh Banana ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit w/ Margarine ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pork ◆ Roasted Sweet Potato ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% Milk 
25	26	27	28	29
<ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sauce ◆ Imperial Blend Vegetables ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Salmon w/ Lemon and Garlic ◆ Ancient Grain Blend ◆ Mushrooms & Green Beans ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Tamales ◆ Calabacitas ◆ Pinto Beans ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Macaroni & Cheese w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Salad Sandwich ◆ Sliced Cucumber and Carrot Sticks ◆ Cole Slaw ◆ Fresh Seasonal Fruit ◆ 1% Milk 