

July 2021

Hello,

We are very excited and pleased to announce a few great updates for the month of July!

A new addition to the Department of Senior Affairs is our new Deputy Director Chris Sanchez. Chris possess an MBA and more than 20 years of executive leadership and strategic management experience in public, private, and non-profit sectors throughout New Mexico. He previously served as the Department Director of Community Services appointed by the Mayor of Santa Fe, has a background in youth corrections and community programming, was the director of the Santa Fe County Youth Development Program and previously worked with State of New Mexico's Family and Community Services. For the past three years, he has served as the Deputy Assessor appointed by the Santa Fe County Assessor. We are pleased to welcome Chris and look forward to him joining us in enhancing our mission of our commitment to providing resources with care and compassion that help our community thrive while embracing aging.

Another eagerly anticipated update is the re-opening of all senior and multigenerational centers on Tuesday, July 6, 2021. The past year has been unlike anything we've ever experienced, and we're working hard to adjust and evaluate how we can continue to provide more programming and activities for community members while still adhering to New Mexico's public health order.

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.

As we anticipate many of the state's restrictions to be lifted, we want to continue to bring you the services and connections you need, even if it may look a little different than it has in the past. It really can't be said enough—your health, and the health of our community members, are our priority. Every decision we make is through that lens. We want to be sure the approach we're taking to reopen is thoughtful, and that we're creating an environment that's safe for everyone. When we do reopen, more than anything, we want you to feel comfortable when you're visiting any of our senior, multigenerational or sports and fitness sites. We're looking at how to manage the reopening of our programs and some of those plans will include continuation of increased cleaning and sanitization and continuing to offer virtual services.

We thank you for your continued patience with our staff as we work to resume our dynamic programming, events and activities. You can learn more about our approach to re-opening, in-person activities and programs available, or learn more details on how we're making our center sites safe, by calling your center site directly, checking in with our Senior Information Line at 505-764-6400 Monday-Friday between 8am-4:30pm or by visiting our website cabq.gov/seniors.

We are excited to welcome you back and hope to see you again soon.

Sincerely,

Anna Sanchez, Director



Daytime Dancing With Senior Affairs and BINGO

Tune into GOV-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs featuring **Swing Shift** on July 10th at 3 p.m. and 7 p.m. We will be holding virtual BINGO on July 7 and 21 at 1:30 p.m. You can pick up your cards Tuesday July 6th & Monday 19th 11:30am-1pm. Then join us at **Facebook.com/cabqseniors** at the right day and time.



Did Someone Say Dance? Sunday Afternoon Dances are Back!!!

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

Sunday, July 11 - Paul Pino & the Tone Daddies
Sunday, July 18 - Sonny's Boy
Sunday, July 25 - Enchanted 4



Friendly Reminder

North Valley Senior Center will be Closed!



Enhance Fitness Coming in August!

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

Hand and Foot Canasta is coming to North Valley!

Come one and all to learn the card game of Hand and Foot Canasta. It is fun and easy to learn and addicting! If interested please sign up at the front desk.



Participants Conduct:

In order to ensure all members have a pleasant experience at the center, all participants are expected to respect the rights of others and use the center for intended use only. All members and visitors must adhere to the following: 1.) Maintain healthy and appropriate personal hygiene. 2.) Use appropriate tone of voice and behavior that is not disruptive to other members. 3.) Refrain from language and behavior which is obscene, abusive or sexually offensive. 4.) Be courteous to other members and staff. 5.) Respect decisions and policies made by center management. 6.) Notify center management of issues involving operation of the center for discussion and resolution. 7.) Be considerate of the diversity of staff and fellow members. 8.) Please take care of the center material, equipment, furniture, grounds and facility. 9.) Use the center and center equipment in a safe and appropriate manner. 10.) Keep the building and grounds neat, clean and litter free. 11.) Participants need to be able to function independently without staff assistance or require the help of a caregiver with the ability to walk safely.

Staying Positive & Reconnecting

KEEP LONELINESS AT BAY.

Social isolation is our biggest enemy. Create a routine such as having breakfast or lunch daily at one of our eight senior or multigenerational center sites.



KEEP HAPPINESS FRONT AND CENTER.

Find things you love to do especially now that you have the time to do it. Free or low cost workshops and activities at our centers provide an easy way to try new things.



KEEP MOVING!

Check out our variety of fitness classes, or visit one of our 50+ Sports and Fitness Centers to help keep you going.



KEEP CURIOSITY ALIVE.

New things keep the brain going. Sign up for activities and trips that can help you engage in new things.



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 before.



MONDAY

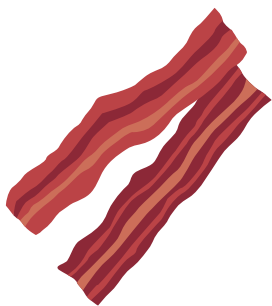
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>5. CLOSED</p>	<p>6. Lemon Pepper Chicken Brown Rice Diced Beats Dinner Roll</p>	<p>7. Frito Pie Imperial blend Corn Chips Mandarin Oranges</p>	<p>8. Steak Fingers w/White Gravy Mashed potatoes Red Apple</p>	<p>9. Garlic Tilapia Pasta w/Diced tomatoes Green beans Yogurt</p>
<p>12. Chicken Parmesan Butter Spaghetti Crinkle Cut Carrots</p>	<p>13. Breaded Cod w/Tartar sauce Whole Corn Normandy blend Watermelon</p>	<p>14. Pasta Primavera Green beans Breadstick Mixed fruit</p>	<p>15. Beef Fajita Spanish Rice Mexi-Corn Flour Tortilla Pudding</p>	<p>16. Chile Cheese Hot Dog Tater Tots Mixed Veggies Pear</p>
<p>19. Carne Adovada Spanish Rice Pinto Beans Flour Tortilla</p>	<p>20. Spaghetti w/ Meat Sauce Imperial blend Garlic breadstick Banana</p>	<p>21. Oven Fried Chicken w/ White Gravy Ancient Blend Sliced Carrots</p>	<p>22. Cheese Omelet Stewed Tomatoes Diced Potatoes Mandarin Orange</p>	<p>23. Salisbury Steak w/Gravy Mashed Potatoes Spinach Dinner Roll</p>
<p>26. Blackened Salmon Ancient Grain Green Beans Red Apple</p>	<p>27. Pork Chop w/Gravy Au Gratin Potato Green Peas Honeydew</p>	<p>28. Sweet & Sour Chicken Stir Fry Veggies Brown Rice Fortune Cookie</p>	<p>29. Mac & Cheese w/Broccoli Mixed Veggies Biscuit Vanilla Pudding</p>	<p>30. Red Chili Pork Tamales Calabacitas Pinto Beans Orange</p>



Breakfast Is back!

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

Starting July 6th (subject to change)

