



City of Albuquerque
Mayor,
Tim Keller

Department of Senior Affairs
Director,
Anna Sanchez



Department Contacts

Information & Assistance:

764-6400

Senior Centers Contact Info:

Barelas: 764-6436

Bear Canyon: 767-5959

Highland: 767-5210

Los Volcanes: 767-5999

Palo Duro: 888-8102

Multigenerational Centers

Contact Info:

Manzano Mesa: 275-8731

North Domingo Baca: 764-6475

Senior Transportation/Nutrition

DSA Transportation: 764-6464

Sports & Fitness Program

Contact Info:

Palo Duro Fitness: 880-2800

Los Volcanes Fitness: 767-5990

RSVP Program:

RSVP: 767-5225

Foster Grandparents Program:

764-6412

City of Albuquerque Info:

Please Contact: 311

Non-emergency Police
assistance:

242-COPS (2677)

Accredited by 
National Institute of
Senior Centers

ONE
ALBUQUERQUE
FITCOCHE

City of Albuquerque Department of Senior Affairs North Valley Senior Center



NORTH VALLEY SENIOR CENTER INVITES YOU...



Wear your green and enjoy a traditional Irish meal of
Corned Beef and Cabbage!



Date: Tuesday, March 17th

Time: 11:30 am-1:00pm

Reserve your meal at 761-4025

Regular Business Hours

Monday - 8 a.m. - 5 p.m.

Tuesday - 8 a.m. - 7 p.m.

Wednesday 8 a.m. - 5 p.m.

Thursday 8 a.m. - 5 p.m.

Friday 8 a.m. - 5 p.m.

We are closed Saturday's

Sunday 12:30 p.m. - 5 p.m.

Absolutely



NO SMOKING
BY CITY ORDINANCE

on
City property

Participant Conduct:

A. In order that all users may have a pleasant experience at a center participants are expected to respect the rights of others, use the center for the purposes of the center only, and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Wear attire that is not offensive or overly revealing.
3. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive.
4. Show courtesy to other participants and staff; respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution.
5. Show consideration for the diversity of staff and fellow participants.
6. Treat the center materials, equipment, furniture, ground, and facility with respect.
7. Use the center and center equipment in a safe and appropriate manner.
8. Keep the building and grounds neat, clean, and litter free.

B. All participants need to be able to:

Function without one-on-one assistance (Staff); or have the help of a caregiver. Walk safely and independently in the center or use assistive devices independently.

2019 DSA Advisory Council Meetings

The Senior Affairs Advisory Board shall consist of twelve members to be as follows:

1. The City of Albuquerque shall appoint eight (8) members;
2. The County of Bernalillo shall appoint two (2) members;
3. The Village of Los Ranchos shall appoint one (1) member;
The Village of Tijeras shall appoint one (1) member.

If interested in becoming a Council member go to:

www.cabq.gov/clerk/boards-commissions

The Next Advisory Council Meeting:

Date: March 16th, 2020

Where: Highland Senior Center

131 Monroe NE

Once you get to this page, scroll down to Senior Affairs Advisory Council. Click on SAAC membership. Then click on the box that reads "Apply to Serve"

Learn to use the Fitness Room Equipment

Learn the proper way to use the machines at the North Valley Fitness Center to prevent injury, as well as maximizing your fitness needs. Training is by appointment only. Contact Palo Duro Sports & Fitness at 880-2800 to arrange a one on one training session at the center of your choice.

Regular Schedule

Support Groups & Helpful Classes

Defensive Driving	1st Monday	12:15 p.m.
Senior Law Office	3rd. Thursday	9 a.m.

Available Daily

Breakfast	Monday - Friday	8 a.m. to 9 a.m.
Lunch	Monday - Friday	11:30a.m. to 1 p.m.
.....Reservation Requested One Daily prior		
Open Computer Lab.....	Monday- Friday	1 p.m.
.....	Tuesday	9 a.m.
Billiards	During Regular Business Hours	8 a.m.
Jigsaw Puzzle.....	Available Daily	8 a.m.
Poker	Monday - Friday	12 p.m.

Available Weekly

Bingo.....	Wednesday	1:30 p.m.
Flea Market.....	Wednesday	8 a.m.

Available Monthly

Birthday Party	3rd, Friday	10:30 a.m.
----------------------	-------------	------------

Classes, & Clubs

Arts & Crafts.....	Wednesday	9 a.m.
Guitar Group (Jam Session).....	Tuesday	10:15 a.m.
Fishing Club.....	Monday	10 a.m.
Hand Quilting.....	Monday	8 a.m.
Hispanic Folk Art.....	Wednesday	1 p.m.
Knitting & Crocheting	Wednesday	9 a.m.
Oil Painting.....	Friday	9 a.m.
Photography Club	1st & 3rd Monday	10 a.m.
Pottery.....	Monday	9 a.m.
Stained Glass.....	Tuesday & Thursday	9 a.m.
Drawing Class.....	Wednesday	10 a.m.

Health & Wellness

Acupressure:.....	Friday	10 a.m.
Aquatics :.....	Monday, Wednesday, Friday	8:30 a.m.
.....	Monday, Friday	12:30 p.m.
Chair Yoga.....	Monday	3:30 p.m.
Dance for Parkinson's	1st & 3rd, Thursday	2 p.m.
Doctor King's Health Program.....	4th, Wednesday	10 a.m.
GEHM Clinic	Tuesday March 3rd..	8 a.m.
Sponsored by: UNM Nursing School		
Enhanced Fitness.....	Monday, Tuesday, Friday	8:15 a.m.
Fitness Center Hours:.....	Monday- Friday	8 a.m.
.....	Tuesday til 7 p.m.Sunday	12:30 p.m.
Hiking	Every other Thursday	8 a.m.
Pilates	Thursday	8:30 a.m.
Reflexology.....	4th Wed and every Friday	10 a.m.
Table Tennis.....	Upon Request	
T'ai Chi Ch'uan.....	Monday & Tuesday	9:30 a.m.
.....	>and the 1st Friday of each month	
Yoga (Gentle Hatha)	Tuesday	3:30 p.m.
.....	Friday	4 p.m.
Yoga (Dahn)	Tuesday & Thursday	3:15 p.m.
Zumba (Gold)	Thursday	9:40 a.m.
.....	Friday	9 a.m.
Zumba	Tuesday	5:30 p.m.



NM Aging and Long Term Service Department

Benefit Counseling: State Health Insurance Program answers to questions and concerns regarding private and government benefit programs
Call: 1-800-432-2080




**Food
Pantry**

Monday, March 30, 2020
2:30pm - 4:00 pm
Numbers are given out at 1:30 pm

**ONE
ALBUQUE
RQUE** senior affairs

Classes

Watercolor Textures in Landscapes Earth

This class will cover tonal Soil, sand and rocks are rich in texture ranging from smooth to gritty, craggy and crumbly. You will learn to inter-mix creative watercolor on damp surfaces, wet-on- wet washes and a touch contour line work dry brush detailing or splattering. From a pebble to brick, adobe, and stone masonry, there are textures all around. Take the challenge to explore by applying tonal value and textures that is a foundation for your artistic toolbox.

Date: Tuesday, March 3 - 24

Time: 4:30 p.m. - 6:30 p.m.

Fee \$75 materials will be provided.

Beginners Spanish Class

This is a beginner's course that will help you learn Spanish and carry on conversations with other in Spanish.

Date: Thursday, March 5 - April 9

Time: 10 a.m. - 11 a.m.

Fee \$45 materials included

Italian for Beginners I

For people with no prior knowledge of the Italian language. This course will introduce you to engage in simple communication in Italian so that you are able to greet people, introduce yourself and others, talk about where you live and where you come from, what you do, to express age, to describe people and the clothes they wear.

Tuesday, March 24 - April 28 Time: 10 a.m.-11 a.m.

Fee \$40

Date: Tuesday, March 24 - April 28

Time: 11:15a.m. - 12:15 pm

Fee \$40

Intermediate Sign-Language

This is a secondary course for those who have taken the beginning course.

Date: Tuesday, March 31 - May 5

Time: 1 p.m. - 2:30 p.m.

6 week course

Instructor: Pam Jenkins

Italian for Beginners II

For those who already have basic knowledge of Italian. You'll learn to talk about your family, ask about the time and describe the weather, ask for directions and places, expressing likes and dislikes, talk about your routine and leisure activities.

Date: Tuesday, March 24 - April 28

Time: 11:15am - 12:15 pm

Fee \$40

Trips

Las Vegas Montezuma Castel and Dawn Light Sanctuary Tour

We will be taking a tour to the Montezuma Castel in Las Vegas NM and other historical building around the district. Lunch will be at the Plaza Hotel 1885.

Date: Tuesday, March 31

Check in: 8 a.m. • Return: 5 pm

\$20 admission



Time to
Spring Ahead

Turn your clocks forward...

Sunday March 8th, 2020

Presentations

Legalshield/IDShield Protection

Find out how you can get unlimited Legal Consultation, letters and phone call written on your behalf, Wills, Contracts & Document reviews, 24/7 Emergency legal Assistance, Complete Identity Protection and other services. For more information and appointments call 505-435-3326.

Date: Thursday, March 5

Time: 10 a.m. – 11 a.m.

Presenter: Shirlette Weathersby

Hypertension, Heart Failure, Diabetes and other Health Topics

Heart Failure is a disease of aging and becoming more common each day. The heart as a pump becomes weaker over time and cannot handle the fluids in our body the way it used to. It is a disease that is not curable but is manageable at home. I would like to discuss ways to keep the heart healthy at home given the limitations that occur with aging.

Date: Thursday, March 12

Time: 10 a.m. – 11 a.m.

The Energetic of Spring – The Wood Element

We will be exploring the Energetics of Spring from a Chinese Medicine Perspective. This awareness can improve our health during the spring season. We will be looking at how our diet and acupressure points can enhance our vitality and help reduce stress. The stress can manifest in multitude of ways: headaches, muscle, tension and digestion issues. There will be hands on practical experiences for locating acupressure points so come wearing comfortable clothing.

Thursday, March 19 Time: 10 a.m. – 11 a.m.

Presenter: Dr. Deborah Wozniak

Medicare Assistance Programs

Explains Medicaid and what it covers, available Medicare Savings Programs, Extra Help and eligibility criteria, and additional benefits that are available.

Date: Thursday, March 26

Time: 10 a.m. – 11 a.m.

Presenter: Michael Torres

Medicare 101 Question's and Answer's

Did you know that you are still eligible for Medicare even when you plan to continue working after turning 65? Did you know you may be able to get financial assistance to help pay you Medicare premiums and qualify for lower prescriptions drug copays? Are you turning 65 and confused about your Medicare Health Plan options We'll share tools and resources to help you understand the types of coverage that may be right for you. Whether you are just getting started with Medicare or simply looking to learn more, we are here to help.

Date: Wednesday, March 18

Time: 10 a.m. – 11 a.m.

Presenter: MedCare

Special Events

Spring Fling

Let's celebrate the start of the spring, with "Oldies but Goodies." We will dance and listen to hits from the 1940's, 50's and 60's. Dress up for fun!



Entertainment By

Flip Side DJ

snack and refreshments will be served

North Valley Senior Center

Tuesday, March 31

10:00 - 11:30 am



ONE
ALBUQUE
ROQUE

Read to Me ABQ Network

The Read to Me ABQ Network is a program designed to collect new or gently used children's books (English, Spanish & Bilingual) for distribution to children in our community. The book drive starts February 11, 2020 and ends March 11, 2020. The goal of the program is to provide children with a personal book they can keep and take home with them so as to help improve their reading skills. If you, family members, or your neighbors have children's books that can be donated please take them to your Senior Center where a collection box will be available.

We also have adult books that are also given to the program and we would like to share them with you. Please check your centers library and obtain a FREE book from the Read to Me ABQ Network.

Seniors, if you are also interested in volunteering with this program please call Dave Orner @ 505-681-6325

Learning Never Ends

Dave Orner
Committee Chair
(505) 681-6325

Marie Morra
New Mexico Rail Runner
(505) 724-3656

Tax Time

Income Tax Assistance

If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants.

Please bring the following information to your appointment.

Driver's License or State Issued Identification Card

Copy of your last year's tax returns

Social Security Cards for all people listed on return

W-2 forms for wages

Forms including 1099-INT (interest); 1099-DIV (dividends); All 1099-R

(retirement); SSA 1099 (Social Security Benefit Statement); All 1099-B

(stock sales) you must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G

(gambling winning; RRB 1099 (railroad retirement); and any other 1099 forms.

Forms reporting income such as jury duty, election work, alimony, etc.

Medical expenses

Medical Insurance Cards and any Form 1095-A, B, or C's

For ages 65 or older, property tax bill and or rent receipts.

Friday, Feb. 7 - April 10

8:30 a.m. – 1 p.m.

Appointments Only

Walk in's if available



CASA Nutrition Tip



Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, salt (sodium) and added sugars.

Eating right doesn't have to be complicated. Start with these recommendations from the *Dietary Guidelines for Americans*:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose whole grains whenever possible.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.

Make the fats you eat polyunsaturated and monounsaturated fats. Switch from solid fats to oils when preparing food.

Add Physical Activity

Balancing physical activity and a healthful diet is the best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day — this even can be broken into three 10-minute sessions throughout the day.

For someone who is currently inactive, it's a good idea to start with a few minutes of activity, such as walking, and gradually increase this time as they become stronger. And always check with a health-care provider before beginning a new physical activity program.

Los Volcanes Fitness Center: Looking for a volunteer to serve on Saturdays between the hours of 8am to 4pm for 2 to 4 hours based on need. Duties include: Scanning members as they enter the facility to workout, answering questions, giving a tour of the facility to interested members and answering phones. For more information, call (505)767-5255.

Mealsite Volunteers: Volunteers are needed to serve at various mealsites providing clerical support for the meal site coordinator, calling bingo, assisting as a driver or leading activities

Storehouse New Mexico: Support New Mexico's largest food pantry. Volunteer opportunities include sorting and repackaging food, helping and directing clients during food distribution. *Volunteer hours include Wednesday through Friday from 8am-4pm and Saturday's from 8am-1pm.*

OASIS - Intergenerational Tutoring Volunteer:

In partnership with school districts, Oasis volunteer tutors are paired with children in grades K-3 who teachers feel would benefit from a caring, one-on-one mentoring relationship. You can change a life.

Road Runner Food Bank-Healthy Food Center (HFC): HFC is a medical referral food pantry.

Volunteers are needed Monday thru Saturday for various positions including Front Desk, Checkout, and Stocking. Shift hours vary.

Silver Horizons-Silver helping Seniors: Every month, Silver Horizons partners with the City of Albuquerque to provide free groceries to over 3,500 seniors, and to about 1,200 grandchildren many of these seniors are raising. Opportunities include: volunteer in Silver Horizons' Please call (505)767-5225 to learn more.

March Menu 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1. Augila Band	2. Green Chili Chicken Posole Black Beans Calabacitas Sliced Pears	3. Turkey w/ Gravy Stuffing Mixed Vegetables Chocolate Chip Cookie	4. Cheeseburger Baked Beans Baby Carrots Sliced Peaches	5. Pork Chop w/ Slice Apples White Rice Imperial Blend Orange	6. Breaded Cod w/ Tarter Sauce Steak Fries Coleslaw Brownie
8. Rider & Company	9. Beef Fajitas Flour Tortilla Spanish Rice Pinto Beans Mixed Fruit	10. Chicken Alfredo w/ Penne Pasta Green Beans w/ Mushrooms Garlic Bread Stick Vanilla Pudding	11. Baked Ham w/ Pineapple Glaze Rice Pilaf Baby Carrots Yogurt w/ Granola	12. Chicken Fried Steak w/ Grilled On- ions Roasted Red Potatoes Brussel Sprouts Sugar Cookie	13. Baked Ziti w/ Mozzarella Mixed Vegetable Garlic Bread Stick Apple
15. Sonny's Boy	16. Rotisserie Chicken Dinner Roll w/ Margarine Butter Baby Carrots Mashed Potato w/ Gravy Banana	17. Corned Beef Cornbread Red Potatoes Cabbage Green Jello	18. Red Chili Dog w/ Cheese & Onions Tatar Tots Corn w/ Red Peppers Mandarin Orange	19. Green Chili Meatloaf w/ Aus Jus Brown Rice Malibu Blend Vegeta- bles Sliced Peaches	20. Loaded Baked Potato w/ Cheese, Broccoli & chives Oriental Blend Vegetables Biscuit Apple Crisp
22. La Raza	23. BBQ Chicken Thigh Baked Beans Corn Bread Coleslaw w/ Pineap- ple & Raisins	24. Swedish Meat- balls w/ Gravy White Rice Green Beans w/ Mushrooms Dinner Roll w/ Margarine Apricots	25. Turkey Pot Pie & Biscuit Au Gratin Potato Imperial Vegeta- bles Apple Sauce	26. Red Beef Enchila- das Black Beans Corn w/ Red Pep- pers Flour Tortilla Sliced Peaches	27. Cajun Tilapia Pasta w/ Garlic Butter Sauce Italian Vegetables Grapes

Breakfast is Served:
8 a.m. - 9 a.m.

Lunch is Served:
11:30 a.m. - 1 p.m.
Please make a
reservation one day ahead,
before 2pm.

Sunday Dance:
Doors Open @ 12:30 p.m.
Dance is from
1:30 p.m. - 4:15 p.m.
Tickets are \$3.00 per person.
A current membership is need-
ed.

Breakfast Menu:

- * FULL BREAKFAST: 2 Eggs, Hashbrown, 2-Bacon or Sausage, Tortilla or Toast - \$1.50
- * MINI BREAKFAST: 1 Egg, Hashbrown, 1-Bacon or Sausage, Tortilla or Toast - .75¢
- * BURRITO: Egg (Scrambled), Hashbrown, Cheese, Bacon or Sausage, Chile - \$1.50
- * HOT/ COLD CEREAL: (Variety) (Includes 1 carton of 1% Milk) - .70¢
- * ENGLISH MUFFIN SANDWICH: Bacon or Sausage - \$1.00
- * BISCUIT & GRAVY: (Wednesday's only) \$1.00
- * HUEVOS RANCHEROS : (Friday's only) \$1.50 No Bean w/ Potatoes

All La Cart Menu:

- (1) French Toast/Pancake .25¢ * (1) Waffle (Monday's only) \$1.00 * (1) Egg .25¢
- (2) Bacon .50¢ (2) Sausage .50¢ * Hashbrown .30¢ * Chile (Red or Green) .25¢
- * Tortilla/Toast/English Muffin/Biscuit (Wed. only) .20¢
- * (1) Juice .25¢ (1) Milk .25¢ * (1) Coffee .30¢ * (1) Hot Tea or Chocolate .30¢