

April

2024

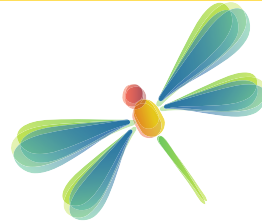
North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Message from the Manager



Spring is finally here! After what seemed like an endless winter, we are all eagerly anticipating the arrival of spring weather. I want to express my gratitude to the AARP team for their hard work and dedication during Tax season – their efforts are truly valued. The North Valley Senior Center has experienced some changes in the past few months, including exciting new activities like trips and additional classes for participants to enjoy. We recently held a fantastic Watercolor class by Pablo and showcased the beautiful artworks for everyone to admire. We look forward to welcoming Pablo back soon for another session. If you have any class preferences, please let us know, and we will strive to accommodate your interests. Check our bulletin board for updates, and remember that our department is also accessible online at www.cabq.gov/seniors for newsletters and information. Stay tuned for monthly additions to the newsletter. Thank you for your ongoing support.

Julianna Brooks, Center Manager



Center Hours

Mon., Wed., Thur., Fri.: 8am - 5pm
Tues.: 8am - 7pm Saturday Closed
Sun.: 12:30pm - 4:30pm

North Valley Senior Center
Staff

Julianna Brooks, Center Manager,

Micheal Duran, Coordinator

Office Assistant - VACANT

Jason Mercado, Program Assistant

Priscilla Jaramillo, Program Assistant

Melinda Sena, Cook

Lexie Garcia, Kitchen Aid

Victoria Hernandez, General Services

Department of Senior Affairs

Director

Anna M. Sanchez



The Department of Senior Affairs is committed to providing resources with care and compassion that help our community thrive while embracing aging.

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National Institute of
Senior Centers

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Department of Senior Affairs Participant Code of Conduct

1. Maintain personal hygiene that is not offensive or unhealthy.
 2. Show consideration for the diversity of staff and other participants.
 3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
 4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
 5. Keep the Senior Center building and grounds neat, clean, and litter free.
 6. Show courtesy to other participants and staff and respect decisions made by center Management.
 7. Bring issues involving the operations of the Center to management's attention for resolution.
- Participants are prohibited from:
1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
 2. Using of racial slurs or abusive language.
 3. Using voice or behavior that will disturb other Center participants.
 4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
 5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
 6. Fighting with other participants or staff.
 7. Bringing bicycles into the facility.
 8. Smoking in City facilities or on City premises.
 9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
 10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
 11. Selling, soliciting, or panhandling in Centers.
 12. Eating in any pool room or computer lab.
 13. Removing food from the meal site area when participating in the congregate meal.
 14. Vandalizing or damaging Center facilities, equipment or materials.

April Birthday Celebration

Friday, April 12, 2024 at 10:00 a.m.

Join us as we celebrate those of
you born in the month of April!



Sponsored by:

wellcare

HAPPY
BIRTHDAY

North Valley Daily Class Schedule

Monday

Fitness Room 8:00 am -4:45 pm
Billiards 8:00 am - 4:45 pm
Hand Quilting 8:00 am - 2:00 pm (Class Full)
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Class Full)
Pottery 8:00 am - 11:30 am (Class Full)
Yang 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 - 11:00am
Fishing Club Meeting 10:00 am- 11:00 am
Poker 12:00 pm - 4:00 pm
Tai Chi Chih 2:00 pm - 3:00 pm
Zumba 3:45-4:45 pm



Tuesday

Fitness Room 8:00 am -6:45 pm
Billiards 8:00 am - 6:45 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Class Full)
Stained Glass Class 9:00 am - 12:00 pm
Guitar Jam Session 9:45 am- 11:45 am
NEW: Geriatric Massage 10:00 am- 3:00 pm (By Appointment)
Poker 12:00 pm - 4:00 pm
Canasta Hand & Foot 1:15 pm - 4:45 pm
Dahn Yoga 2:30 pm - 3:30 pm
Zumba 3:45 pm - 4:45 pm



Wednesday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 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 - 12:00 pm
Jewelry w/Lynne 1:00 pm - 3:00 pm (Class resumes April/May)
Poker 12:00 pm - 4:00 pm
Bingo 2:00 pm - 4:00 pm



Thursday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Senior Law Office 9:00 am - 11:00 am (3rd Thursday)
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
Computers w/ Mike 1:00 pm - 2:00 pm
Canasta Hand & Foot 1:15 pm - 4:30 pm
Dance for Parkinson's 2:00 pm - 3:00 pm
Parkinson's Support/Advisory Group 3 pm-4 pm
Dahn Yoga 3:15 pm - 4:15 pm

Friday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Class Full)
Chair Yoga 10:00 am-11:00 am
Pottery Open Lab: 10:30 am - 3:30 pm (Class Full)
Slow Stretch for Flexibility 11:00 am - 12:00 pm (New day during income tax season)
Poker 12:00 pm - 4:00 pm
Table Tennis 12:00 pm - 4:00 pm



Sunday

Fitness Room 12:30 pm - 3:45 pm
Billiards 12:30 pm - 3:45 pm
Table Tennis 12:30 pm - 3:45 pm
Hand Quilting 12:30 pm - 3:45 pm (Class Full)
Dance to Live Music 1:30 pm - 4:00 pm



Computer Lab available during business hours
***Fitness Room Orientation by appointment,**
please call 505-880-2800.*

www.cabq.gov/seniors

General Information

AARP Driver Safety Course RETURNS

Friday, May 17, 2024

10:00 a.m. - 2:00 p.m.

\$20 for AARP members

\$25 for non-AARP members

Sign up at the front desk beginning in April 2024, space is limited.

Cash or check made payable to AARP



Driver Safety

Teeniors

Teeniors will be here to help you one-on-one to help you with technology questions you may have! Sign up at the front desk or call 505-761-4025

North Valley Senior Center

April 12, 2024

3:00 pm - 5:00pm



Space is limited

Register at the front desk

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, April 7: Enchanted 4

Sunday, April 14: Milagro

Sunday, April 21: Desert Springs

Sunday, April 28: De Luz



GEHM Clinic

Tuesday, April 23 &
Wednesday, April 24

8:30 am - 12:00 pm



Partnering with University of New Mexico Nursing and Dental Students for a health checkup! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!

Senior Citizen Law Office

Power of Attorney Clinic

Call 505-265-2300 to schedule an appointment. Limited space available.



3rd Thursday of the Month

9:00am - 11:00am



Friendly Reminder

Kindly remember to update or renew your membership. When attending classes or activities, please check in at the front desk. Participation in all activities & meals requires DSA Membership.

Were you aware that you can access the DSA Catalog, newsletters, and other information online?

www.cabq.gov/seniors



Special Events

Centennial 100 Celebration

Tuesday, April 9, 2024 1:30 pm - 3:30 pm

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JOIN US AS WE CELEBRATE THOSE WHO HAVE TURNED 100! WE WILL HAVE REFRESHMENTS, CAKE & MUSIC TO MARK THIS INCREDIBLE MILESTONE WITH STUDENTS FROM VALLEY HIGH SCHOOL!



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MAN SHOW



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A chance for
older adults to
explore today's
technology



MANZANO MESA
MULTIGENERATIONAL CENTER

APRIL 19, 2024

8:30am - 12:30pm

Prizes & Fun
Refreshments
Demonstrations
Hands-on Learning

No need to register. Just come!
For more information call

(505)275-8731



field trip

Tarde De Oro Trip

Thursday, May 9, 2024

Enjoy a uniquely entertaining musical production showcasing New Mexico's rich & ever evolving history covering five eras.



Check in: 11:45 am

Depart: 12:00 pm

Return: 3:30 pm (Approx.)

Sign up at the front desk



Mystery Trip

Friday, April 19, 2024

Check in: 8:00 a.m.

Get ready for a new adventure! Visit places that are kept secret until arriving at the destination,

Please note: This is an all day trip, please bring money as lunch and any other expenses are on your own expense.

Need a Ride to Visit your Loved One?

Santa Fe National Cemetery Visitation Opportunity

Wednesday, June 12, 2024

Deadline to sign up is June 3

Limited to first 5 slots

Check in: 8:45 a.m.

Depart: 9:00 a.m.

Return: 4:30 p.m. (Approx.)



Department of Senior Affairs Trip Policies

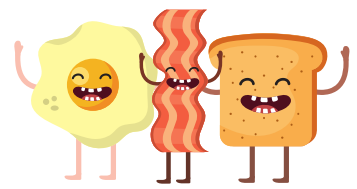
To register for Trips, present your current membership card

1. Return times are approximate and delays sometime occur.
2. Meals are at your own expense. All trip participants should remain with group for the entire trip, and return with the City of Albuquerque /DSA Van.
3. We require a two-week notice for special accommodations.

NOTE: The City of Albuquerque Department of Senior Affairs Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a center-sponsored outing must "sign the Trip Release Form before leaving the center." If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing, and a refund will not be given.

****Trips are Subject to Change**

Breakfast Menu



Served Monday - Friday 8:00am - 9:00am

Full Breakfast..... 1.50

2 eggs, 2 pieces of bacon or sausage,
hash browns, english muffin, toast or tortilla

Mini Breakfast..... .75

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

Cold Cereal w/milk..... .70

Side of Chile (red or green)..... .25

Drinks

Orange Juice or Milk..... .25

Tea or Hot Cocoa..... .30



REMINDER

Meals are to be
consumed at the
center in the Social
Hall.

Meals are not
permitted to take out.



****Lunch Reservations must be made by 1:00pm one day in advance.**

If you do not have a reservation you may wait until 12:30pm for any cancellations or no-shows at that time. The reserved lunch can be given away on a first come first serve basis. We cannot guarantee a meal if you have not placed a reservation in advance as required.

Menu

April 2024



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Salisbury steak w/gravy ♦ Roasted redskin potatoes ♦ Malibu blend vegetables ♦ Fruit mix ♦ 1% milk	2 ♦ Rotisserie chicken ♦ Brown rice ♦ Beets ♦ Dinner roll w/margarine ♦ Banana ♦ 1% milk	3 ♦ Turkey chef salad ♦ Orzo pasta w/red peppers ♦ Croissant ♦ Tapioca pudding ♦ 1% milk	4 ♦ Bean & cheese burrito topped w/red chile and cheese ♦ Collard greens ♦ Calabacitas ♦ Apple ♦ 1% milk	5 ♦ Garlic tilapia ♦ Pasta w/diced tomatoes ♦ Green beans ♦ Grapes ♦ 1% milk
8 ♦ Sloppy joe ♦ Ranch beans ♦ Mixed vegetables ♦ Yogurt ♦ 1% milk	9 ♦ Diced pork w/BBQ sauce ♦ Butter parsley and red potatoes ♦ Steamed carrots ♦ Peaches ♦ 1% milk	10 ♦ Turkey fajitas w/tortilla ♦ Spanish rice ♦ Mexi-corn ♦ Chocolate pudding ♦ 1% milk	11 ♦ Egg salad sandwich ♦ Cucumber, tomato, red onion ♦ 3 bean salad ♦ Honey dew ♦ 1% milk	12 ♦ Breaded cod w/tartar sauce ♦ Orzo pasta w/black olives ♦ Green beans ♦ Chocolate cake ♦ 1% milk
15 ♦ Carne adovada ♦ Tortilla ♦ Spinach ♦ Pinto beans ♦ Tapioca pudding ♦ 1% milk	16 ♦ Baked chicken ♦ Mashed potatoes ♦ Collard greens ♦ Dinner roll w/margarine ♦ Banana ♦ 1% milk	17 ♦ Beef patty w/mushroom and Swiss ♦ Mixed vegetables ♦ Cauliflower ♦ Orange ♦ 1% milk	18 ♦ Denver omelet ♦ Stewed tomato ♦ Diced potatoes ♦ Pear ♦ 1% milk	19 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Garlic breadstick ♦ Green apple ♦ 1% milk
22 ♦ Frito pie ♦ Imperial blend vegetables ♦ Corn chips ♦ Orange ♦ 1% milk	23 ♦ Bratwurst with onion and peppers ♦ Hoagie roll ♦ Baked beans ♦ Diced potatoes ♦ White cake ♦ 1% milk	24 ♦ Pork loin ♦ Black eyed peas ♦ Brown rice w/red peppers ♦ Cookie ♦ 1% milk	25 ♦ Baked ziti w/mozzarella cheese ♦ Mixed vegetables ♦ Garlic breadstick ♦ Apple sauce ♦ 1% milk	26 ♦ Beef tips w/noodles ♦ Malibu blend vegetables ♦ Peach crumble ♦ Dinner roll w/margarine ♦ 1% milk
29 ♦ Chicken tender w/BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk	30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk	1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk	2 ♦ Southwest omelet w/red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk	3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk