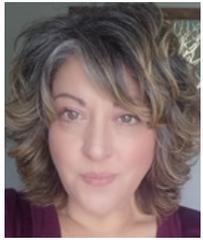


August 2024

North Valley Senior Center

3825 4th Street, NW 87107
www.cabq.gov/seniors
505-761-4025



Message from the Manager

As we step into the second half of the year, new adventures are on the horizon. Having weathered a scorching summer, we now eagerly anticipate the pleasant fall season. I'd like to address our members about "Parking Lot Etiquette" - please drive slowly in the parking lot, considering that many of us are seniors who may not move as quickly. When backing out, be mindful of your surroundings to prevent any accidents and prioritize the safety of our members and visitors. Additionally, I want to share an important update: our classroom spaces are almost fully booked at North Valley Senior Center. While we are unable to accommodate new classes at the moment, we are open to meeting with anyone interested in starting a class once spots become available. As always you are welcome to come to see myself if you should have any concerns or ideas, I would love to chat!

Julianna Brooks, Center Manager



Center Hours

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

North Valley Senior Center Staff

- Julianna Brooks, Center Manager
- Micheal Duran, Coordinator
- Bryanna Ellis Office Assistant
- Jason Mercado, Program Assistant
- Priscilla Jaramillo, Program Assistant
- Melinda Sena, Cook
- 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.

Accredited by 
National Institute of Senior Centers

ONE ALBUQUE RQUE

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.

August Birthday Celebration

Friday, August 9, 2024

at 11:00 a.m.

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

Sponsored by:

wellcare



Monthly Sweet/Healthy Socials

Tuesday, August 20, 2024 at 11:00 a.m.

Join us for some sweet and at other times healthy options during our monthly sweet/healthy socials! Each month will be a different treat!

Sponsored by:



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
Flea Market: 8:00 am - 11:00 am
Stained Glass Class 9:00 am - 12:00 pm
Guitar Jam Session 9:45 am- 11:45 am
Flea Market Lottery: 9:30 am (Last Tue.)
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
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Class Full)
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 10:00 am - 11:30 am
Jewelry w/Lynne 1:00 pm - 3:00 pm (Class starts August 7)
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
Watercolor class: 9:00 am - 12:00 pm (Starts May 2nd)
Slow Stretch for Flexibility: 10:00 am - 11:00 am
Poker 12:00 pm - 4:00 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
Slow Stretch for Flexibility 10:00 am - 11:00 am
Pottery Open Lab: 10:30 am - 3:30 pm (Class Full)
Poker 12:00 pm - 4:00 pm
Table Tennis 12:00 pm - 4:00 pm



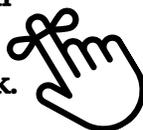
Sunday

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



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.



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

AARP Driver Safety Course

Friday, August 16 & Sept. 20

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



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, August 4: Milagro

Sunday, August 11: Chile Beans Express

Sunday, August 18: Peter Vigil & The All-Star Band

Sunday, August 25: Latin Soul

Bands subject to change



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



GEHM Clinic

Tuesday, August 27

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!

Jewelry Making w/ Lynne

Class starts on Wednesday, August 7,

1:00 pm - 3:00 pm

\$10.00 material fee

Do you love jewelry? Join our new Jewelry making class.

Learn the basics, what materials to use and how to properly finish a necklace or pair of earrings

Sign up at the front desk.



Root Beer Float Social

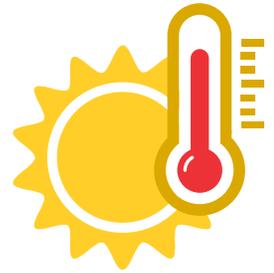
Wednesday, August 14

Starting at 11:00 a.m., while supplies last

As the summer heat rises cool down
with a delicious Root Beer Float!

Sponsored By:

Humana[®]



UPCOMING EVENTS IN SEPTEMBER

End of Summer Bash

As Summer comes to a close join us as we celebrate with an
End of Summer Bash with music and refreshments!

More details such as date/time to follow,
please check out our activity board.



Veterans Wall Photos Coming Soon



North Valley will be hosting a session for members, who
are Veterans to have their photo taken and be placed on
our wall of honor.

More details to follow, such as date/time,
please check back with us.



Mystery Trip #5

Thursday, August 8 2024

Check in: 8:00 a.m.



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

Sign up at the front desk beginning August 1, space limited

If you have already participated in a mystery trip, kindly refrain from signing up to give other members a chance to experience it.

Hay's Honey & Apple Farms

Wednesday, August 21, Check in at 9:00 a.m.

Join us as we take a trip to learn about local honey, how it's made and of course bees! Hay's Honey has been locally owned for three generations, you're bound to have a "sweet" time!

Sign up begins August 1

"Lunch and any other expenses are on your own expense"



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
- Huevos Rancheros1.50
(Friday only)

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 POLICY

*****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.***

August 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
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5 ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk 
19 ♦ Salisbury steak w/brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 