

AUGUST



2025

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Message from the Manager, Julianna Brooks

As summer comes to a close, let's take a moment to reflect on the first half of the year at North Valley Senior Center. While we've experienced some minor changes, we want to assure everyone that we are committed to maintaining the programs and activities that we all cherish.

- We are excited to welcome Bingo back after its summer hiatus.*
- A special thank you goes out to Bernice, who manages and coordinates Bingo. Her dedication to North Valley ensures that everything runs smoothly. We also extend our heartfelt gratitude to all the volunteers who assist with various groups, classes, and events; they truly deserve a huge thank you!*

We're in the process of planning some late summer and fall events, so stay tuned! You'll find event and trip details posted throughout the center, and we will do our utmost to keep our participants informed.



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

Mike Duran, Coordinator

Bryanna Santomenna, Office Assistant

Jason Mercado, Program Assistant

VACANT, Program Assistant

Victoria Hernandez, General Services

Cynthia Johnson, Cook

Patricia Candelaria, Kitchen Aide

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

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***Pick up the monthly menu at the front desk**

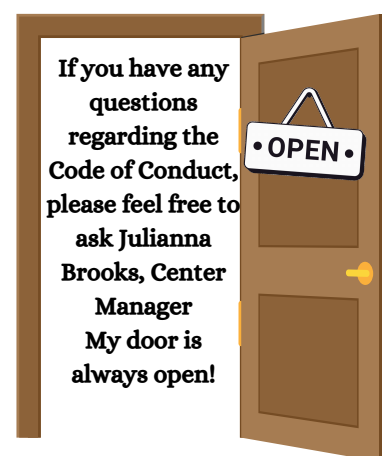
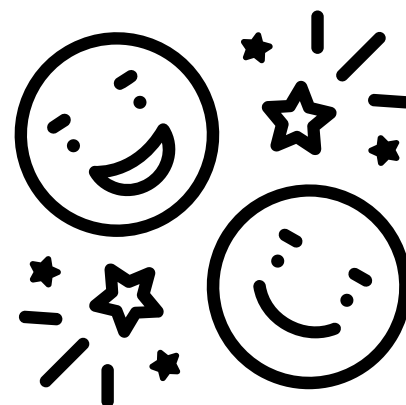
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Department of Senior Affairs Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience. This includes all City programs and activities and their locations.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited,
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the facility, program or service.



Monthly Birthday Celebration

Tuesday, August 5

at 9:30 a.m.

Sponsored by:

Humana



Monthly Sweet/Healthy Social

Tuesday, August 19 , 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:  **BeeHive**
HOMES
of Albuquerque

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, Attendance Required, Class Full)
Pottery 8:00 am - 11:30 am (Class Full)
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 - 11:30 am
Stained Glass Class 9:00 am - 12:00 pm
Senior Law Office: 9:00 am - 11:00 am (2nd Tue.)
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
Photography Club Meeting: 2:00 pm - 3:30 pm (1st & 3rd Tue.)
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, Attendance 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 (Volunteer Music Group) 10:00 am - 11:30 am
Jewelry w/Lynne 1:00 pm - 3:00 pm (Class Full)
Poker 12:00 pm - 4:00 pm
Bingo 2:00 pm - 4:00 pm

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

Thursday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Belts & Blocks Yoga 9:00 am -10:00 am
Stained Glass Class 9:00 am - 12:00 pm
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, Attendance Required, Class Full)
Chair Yoga 10:00 am-11:00 am
Slow Stretch for Flexibility 10:00 am - 11:00 am
AARP Driver Safety Course: 10:00 am - 2:00pm (3rd Friday)
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 (will resume TBA)

Sunday

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

*Classes are subject to change or cancellation
due to room space/availability

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.



Membership Processing
9:00am - 11:00am & 1:00pm - 3:30pm
Monday - Friday

AARP Driver Safety Course

Friday, August 15

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

\$20 for AARP members

\$25 for non-AARP members

Space is limited.

Cash or check made payable to AARP



Sunday Afternoon Dances

Dance to live music

Sundays 1:30 p.m. to 4:00 p.m.

\$3 with current membership!

Sunday, August 3: Antonio y Los Unicos

Sunday, August 10: Peter Vigil & All-Star Band

Sunday, August 17: Los Hermanos

Sunday, August 24: The Ray Lucero Band

Sunday, August 31: Los Hermanos

Bands/Dances subject to change or cancellation



North Valley Flea Market



Tuesdays, 8:00 a.m. - 11:30 a.m.

Tables are \$2.00

Tables are sold on a lottery basis on the last Tuesday of the Month starting at 9:30am.

You must be present to join in the lottery with your updated membership card.

Flea Market is subject to change or cancellation

Senior Citizen Law Office

Power of Attorney Clinic

Please call 505-265-2300 to schedule an appointment.

Limited space available.



Tuesday, August 12

9:00 a.m. - 11:00 a.m.

GEHM Clinic

Tuesday, August 26

8:30 a.m. - 12:00 p.m.



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!

Centers Closed for Training Week

The following centers will be closed during the week of
August 4 - 8

- Barelás Senior Center
- Bear Canyon Senior Center
- Highland Senior Center
- Palo Duro Senior Center
- Palo Duro Sports & Fitness Center

CLOSED

Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.


In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

 **505-768-3630**

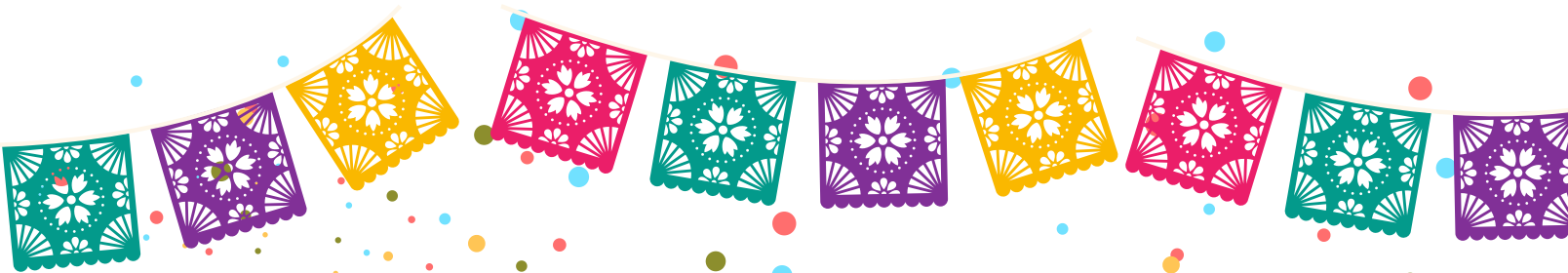
 **cabq.gov/seniors/events**



**Scan this code with
your phone to register!**



IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER
2025

9 am -
3 pm

714 Seventh St SW 87102



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United
Healthcare

ENGAGE
with Senior Affairs