



North Valley Senior Center Newsletter

3825 4th Street, NW 87107

505-761-4025

Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,

Anna Sanchez, Director

Center Hours

Mon., Wed., Thur., Fri.: 8am - 5pm

Tues.: 8am - 7pm Saturday Closed

Sun.: 12:30pm - 4:30pm

North Valley Senior Center

Staff

Acting Manager, Julio Santiesteban

Vacant, Coordinator

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



Special Dates & Announcements

12/25 Center Closed-Happy Holidays

Accredited by



National Institute of Senior Centers

Monday

Fitness Room 8:00 am - 5:00 pm
Billiards 8:00 am - 5:00 pm
Hand Quilting 8:00 am - 2:00 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
Pottery 8:00 am - 11:30 am
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 - 11:00 am
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
NEW: Zumba 3:45 - 4:45 pm



Computer Lab available during business hours

Tuesday

Fitness Room 8:00 am - 7:00 pm
Billiards 8:00 am - 7:00 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
Stained Glass Class 9:00 am - 12:00 pm
Guitar Jam Session 9:45 am - 11:45 am
New Member Orientation 2nd Tuesday 10:00 am - 11:00 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 - 5:00 pm
Dahn Yoga 2:30 pm - 3:30 pm
Zumba 3:45 pm - 4:45 pm



Wednesday

Fitness Room 8:00 am - 5:00 pm
Billiards 8:00 am - 5:00 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
Poker 12:00 pm - 4:00 pm
Bingo 2:00 pm - 4:00 pm



Thursday

Fitness Room 8:00 am - 5:00 pm
Billiards 8:00 am - 5:00 pm
Senior Law Office 9:00 am - 11:00 am 3rd
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
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



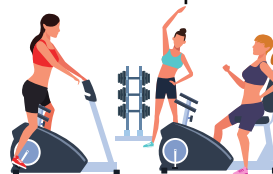
Friday

Table Tennis 8:00 am - 12:00 pm
Fitness Room 8:00 am - 5:00 pm
Billiards 8:00 am - 5:00 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
Chair Yoga 10:00 am - 11:00 am
Poker 12:00 pm - 4:00 pm
Pottery Open Lab 12:00 pm - 3:00 pm



Sunday

Fitness Room 12:30 pm - 4:30 pm
Billiards 12:30 pm - 4:30 pm
Table Tennis 12:30 pm - 4:30 pm
Hand Quilting 12:30 pm - 4:30 pm
Dance to Live Music 1:30 pm - 4:00 pm



Friendly Reminder

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

Senior Citizen Law Office

Power of Attorney and General Legal Clinic.

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



3rd Thursday of the Month
9:00am - 11:00am

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!



Sunday, Dec, 03 Antonio y los unicos

Sunday, Dec, 10 Chile Bean Express

Sunday, Dec, 17 Milagro

Our Mission

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

North Valley Holiday Luncheon

December 22, 11:30-1:00

Reservation required day before by 1pm

Menu:

- Ham w/pineapple glaze
- Mashed potato
- Mixed vegetables
- Cherry cobbler
- Dinner roll w/ margarine , 1% milk

Breakfast Menu

Served 8:00am to 9:00am

Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
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
Side of Chile (red or green).....	.25
Drinks	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



General Information

Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so all participants may have a pleasant and safe experience.

Participants shall:

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.

Events at other Centers & Volunteer Opportunities



please join us for a
HOLIDAY
Fiesta!

Please join us for the Department of Senior Affairs
Annual Holiday Luncheon

December **25** 11am - 1pm

Tickets are \$4 per person. Space is limited, please reserve your
ticket in person at Baretas Senior Center beginning
Dec 4th, 2023.

ONE ALBUQUERQUE
LUNCHEON SPONSORED BY:



AmeriCorps Seniors Presents

**THE
RETIRED & SENIOR
VOLUNTEER PROGRAM
RSVP**

Are you 55+?

Are you interested in serving your
community while utilizing the skills you
have acquired over the years?

We have volunteers serving across
education, health, social service,
government, and non-profit agencies.

RSVP staff will find an opportunity
that is a perfect fit for you!

♥ RSVP PROVIDES: ♥

- Supplemental insurance
- Limited mileage reimbursement

 www.cabq.gov/rsvp
servewithseniors@cabq.gov
(505)767-5225

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