

December 2025

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025



Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



**Monthly menu & On-going Schedule is located
at the front desk**

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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Department of Senior Affairs Participant Code of Conduct & Lunch Reservation Policy

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.

LUNCH RESERVATIONS POLICY

Menu Subject to Change

*****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.

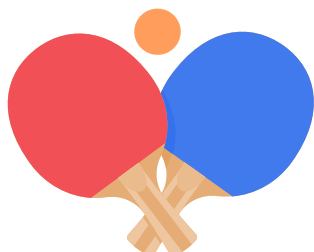
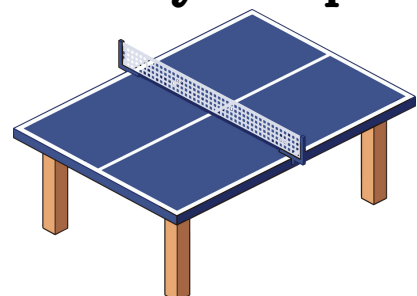
Exciting Update: Table Tennis Resumes

New Day & Time!

Starting Tuesday, December 2

Tuesday: 1:30p.m. - 6:00 p.m.

Friday: 2:00 p.m. - 4:30 p.m.



Monthly Sweet/Healthy Social

Tuesday, December 16

at 10:00 a.m.

Join us for our monthly sweet and healthy socials featuring a different treat each month!

Sponsored by:



Center Closures and Events

“For all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the ‘Senior Affairs Events’ tab on the left side of the page.”



Senior Centers are closed on
Thursday, December 25th &
Thursday January 1st
for the Holidays

*Happy
New Year*
2026



Holiday Ho-Ho-Hodown!

Come join the merriest bash of the
year, bursting with entertainment, tasty
snacks, and more fun than you can
shake a candy cane at!

Tuesday, December 23, 2025

1:30 p.m. - 3:00 p.m.

Event is FREE!

Entertainment by DJ Gabe



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
NEW Intro to Belly Dance 10:00 am - 11:00 am
Poker 12:00 pm - 4:00 pm
NEW Latin Aerobics 1:00 pm - 2:00 pm
Tai Chi Chih 2:00 pm - 3:00 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
Table Tennis 1:30 pm - 6:00 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 2:00 pm - 4:30 pm

Sunday

Fitness Room 12:30 pm - 4:45 pm
Billiards 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

*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

Teeniors

Friday, December 12, 1pm - 3pm

***Sign up at the front desk,
space limited***

Need tech help or have questions about
your phone or computer? Teeniors can
help answer those questions for you!



Sunday Afternoon Dances

Dance to live music

Sundays, 1:30 p.m. - 4:00 p.m.

\$3 with a current membership!

Sunday, December 7 - Rio Grande Express Band

Sunday, December 14 - Peter Vigil & All-Star Band

Sunday, December 21 - Paul Pino & Tone Daddies

Sunday, December 28 - Los Hermanos

Bands/Dances subject to change or cancellation



NEW

Latin Aerobics Class with Carlota Silva

Begins Monday, December 1

1:00pm - 2:00pm, \$7.00

Swing by and shake those hips with
some spicy Latin Aerobics!

Everyone's invited—whether you're a
salsa superstar or have two left feet.

Easy moves and endless fun
guaranteed!



Senior Citizen Law Office

Power of Attorney Clinic

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

Limited space available.

Tuesday, December 9

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



GEHM Clinic

Tuesday, December 23

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!

NEW

Intro to Belly Dance with Madam Habib

Have fun! Make Friends!

Begins Monday, December 1

10am - 11am

\$5.00 suggested donation

sign up at the front desk

Wear clothing that is easy to move in &
bring a scarf to tie around your hips

- Gain mind-body Clarity
- Improve your flexibility
- Strengthen Your memory
- Learn cultural awareness & the history of belly dance

