

February 2024

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors 505-761-4025



Message from the Manager

Exciting month at North Valley Senior Center! The past month has been a whirlwind of activity here. Our Program Coordinator, Micheal Duran, has hit the ground running and is already planning activities, groups, and classes for 2024. Keep an eye out for announcements about some of the fun day trips he has in store for us.

We also have some important updates to share. While we will be making some minor changes to our schedule, we want to assure you that our current programming will not be disrupted. Additionally, we are pleased to announce that AARP will be returning to the North Valley Senior Center to offer tax preparation services. Their volunteers generously donate their time and skills every year to help our seniors, so please be sure to show your appreciation for their hard work. If you would like to make an appointment, please see the front desk or call to schedule.

Finally, we would like to extend our heartfelt thanks to all of the members who have stopped by and welcomed us.

Your support means the world to us.

Sincerely,
Julianna Brooks



Coming Soon

The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

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
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

CENTER CLOSURES

Monday, February 19: Presidents' Day



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.

Friendly Reminder

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



Monthly Trips and Events

Please check out for activities board to see upcoming trips and events coming soon to North Valley!

Coming Soon

Monday

Fitness Room 8:00 am -4:45 pm
 Billiards 8:00 am - 4:45 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 - 11:00am
 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)
 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
 Watercolor with Pablo (Starting January 10) 2:00 pm- 4:00 pm Sign up at front desk
 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

Table Tennis 8:00 am - 12:00 pm
 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)
 Chair Yoga 10:00 am-11:00 am
 Slow Stretch for Flexibility 11:00 am - 12:00 pm (New day during income tax season)
 Poker 12:00 pm - 4:00 pm
 Pottery Open Lab 12:00 pm - 3:00 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
 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.

General Information

Valentine's Day Social

Wednesday, Feb. 14 at 10:30 a.m.

Love is in the air, join us for
Valentines Day treats!



sponsored by Wellcare



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!



Sunday, Feb 4: Amistad

Sunday, Feb 11: Paul Pino & Tone Daddies

Sunday, Feb. 18: La Raza

Sunday, Feb. 25: Chile Beans Express

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

menu

Monthly Menu will be inserted
inside the newsletter you can pick
up a copy of just the Menu at the
front desk!

Presentation Series by Alzheimer's Association

Caring in the Early Stage
March 8th 1:30- 4:00 pm

Caring in the Middle Stage
March 15th - 1:30- 4:00 pm

Caring in the Late Stage
March 22nd - 1:30-3:30 pm

Space is limited

Register at the front desk



Teeniors

Teeniors® are tech-savvy teens & young adults who help seniors (or any-aged person) learn technology through one-on-one coaching. Whether it's a smartphone, computer or software, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology.

North Valley Senior Center

February 29, 2024

3:00 pm - 5:00pm

Space is limited

Register at the front desk

