

# FEBRUARY



# 2025

## North Valley Senior Center

3825 4th Street, NW 87107

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

505-761-4025

### 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 Santomenna, Office Assistant

Jason Mercado, Program Assistant

VACANT, Program Assistant

Melinda Sena, Cook

Patricia Candelaria - Kitchen Aide

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

## Message from the Manager

I'm sure everyone can agree that this cold weather is quite unpleasant, and we're just at the beginning of winter. Make sure to stay bundled up!

February marks the start of tax season. Tax prep services by AARP are available on Thursdays only, and appointments are required. These appointments fill up quickly and operate on a first-come, first-served basis. If you need alternative locations for tax preparation, please check with the front desk for assistance.

Additionally, I'd like to inform our members that the kitchen will be undergoing some changes following Melinda's retirement, which will involve a new kitchen staff. I kindly ask for your patience as the new team trains and adjusts to their new environment. Change can be challenging, but patience and understanding can truly make a significant difference.

Julianna Brooks, Center Manager



North Valley Senior Center  
will be Closed  
on Monday, February 17 in  
observance of  
President's Day

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# 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.

## Monthly Birthday Celebration

Friday, February 14  
at 11:00 a.m.

Sponsored by:

**Genesis** 

**HAPPY  
BIRTHDAY**



## Monthly Sweet/Healthy Socials

Tuesday, February 18 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!

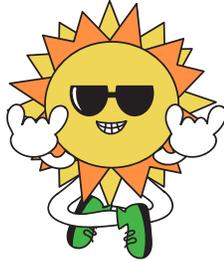


Sponsored by: 

# 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, Attendance Required, Class Full)  
Pottery 8:00 am - 11:30 am (Class Full)  
Yang Tai Chi 9:30 am- 10:30 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  
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 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  
Watercolor 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

## Sunday

Fitness Room 12:30 pm - 4:45 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

\*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, February 21

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\*



## Senior Citizen Law Office

Power of Attorney Clinic  
Please call 505-265-2300 to schedule an appointment.

Limited space available.



February 11

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

## Sunday Afternoon Dances

Dance to live music

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

\$3 with current membership!

Sunday, February 2: Paul Pino & Tone Daddies

Sunday, February 9: Antonio Y Los Unicos

Sunday, February 16: Milagro

Sunday, February 23: Enchanted 4



\*Bands/Dances subject to change or cancellation\*

## GEHM Clinic

Tuesday, February 25

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!

## 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 9:30. You must be present to join in the lottery with your updated membership card.

\*Flea Market is subject to change or cancellation\*

Did you know the Department of Senior Affairs offers transportation to seniors ages 60 and older who live within a five-mile radius of our senior and multigenerational centers? This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can sign up for transportation at the front desk or call 764-6400 for more info.



# Cupids & Cuties Valentines Social

*Love is floating all around, so come on down for a party packed with fun and tasty treats while we toast to the fabulous day of love!*

*Tuesday, February 11  
1:30 p.m. - 3:30 p.m.*

*Sponsored By:*



*Event is FREE with a current DSA membership!*

*Entertainment by:  
DJ Gabe*

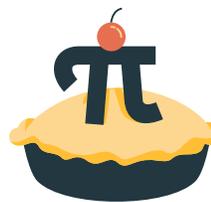
## Coming in March 2025

### Mystery Trips 2025 Edition

Details coming soon



### Pi (3.14) Day Celebration



Friday, March 14  
at 10:00 a.m.

### Teeniors Tech Help at North Valley

Friday, March 28,  
1:00 p.m. - 3:00 p.m.

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



### St. Patty's Day Celebration

Monday, March 17  
at 11:00 a.m.





# LOS VOLCANES SENIOR CENTER 2025 BILLIARDS TOURNAMENT

**FEBRUARY 26, 2025 | 9 AM – 5 PM**

**6500 LOS VOLCANES NW 87121**



- Registration starts Jan. 31
- Registration ends Feb. 20
- \$10.00 Entry fee
- Open to all current DSA center members

**CALL 505-767-5999 FOR MORE INFORMATION  
OR VISIT [CABQ.GOV/SENIORS](http://CABQ.GOV/SENIORS)**



# 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 Rancheros .....1.50  
(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.***

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
<p>3</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>♦ Brussel Sprouts</li> <li>♦ Mixed Berries</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Memphis Dry-Rubbed Chicken</li> <li>♦ Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Mandarin Orange</li> <li>♦ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll/ Margarine</li> <li>♦ Warm Cinnamon Apple Chunks</li> <li>♦ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Pork Chop</li> <li>♦ Mashed Potatoes</li> <li>♦ Crispy Roasted Brussel Sprouts</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 
<p>10</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Mushroom &amp; Green Beans</li> <li>♦ Diner Roll with Margarine</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Turkey w/ Gravy</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Steamed Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Red Chile Cheese Enchilada</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables/ Calabacitas</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Baked Cod with Tarter Sauce</li> <li>♦ Brussel Sprouts</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Valentine Cookie</li> <li>♦ 1% milk</li> </ul> 
<p><b>CLOSED</b> 17</p> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Baked Ham with Pineapple Sauce</li> <li>♦ Sweet Potatoes</li> <li>♦ 5 Way Vegetables</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Sliced Apple</li> <li>♦ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti</li> <li>♦ Brussel Sprout</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>♦ Tilapia with Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 
<p>24</p> <ul style="list-style-type: none"> <li>♦ Red Chile Beans</li> <li>♦ Crispy Roasted Cauliflower with Pumpkin Seeds</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Brownie</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Brown Rice</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>♦ Diced Pork with Gravy</li> <li>♦ Steamed Green Beans</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Veggie Green Chili Cheeseburger</li> <li>♦ Sweet Potato Mash</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Spinach</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 