

February 2026

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025



Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown

Multigenerational Center at 12:00 pm—we encourage you to join us! Also every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on Thursday, February 26th from 8:30-9:30am. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

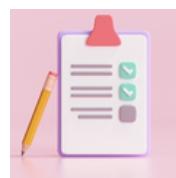
Wishing you a February filled with love and connection!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

We’re pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



**Monthly menu & Ongoing Schedule are 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.***

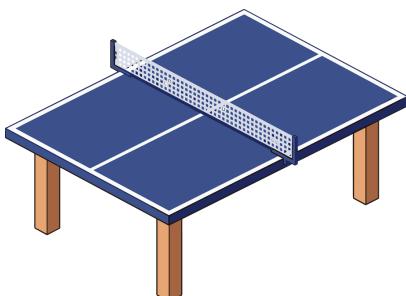
If you do not have a reservation you may wait until 12:30pm for any cancellations or no-shows at that time. The reserved lunch can be given away on a first come first serve basis. We cannot guarantee a meal if you have not placed a reservation in advance as required.

Exciting Update: Table Tennis Resumes

New Day & Time!

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

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



Center Closures and Tax Information

“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.”

**North Valley Senior Center
is CLOSED on Monday, February 16th in Observance
of President’s Day**



This year, tax appointments at the North Valley Senior Center will be handled through 311. Beginning January 3, 2026, 311 will begin taking calls for appointments. Please note that staff at the North Valley Senior Center will not be booking appointments.

Helpful Tips:

- Have a pen or pencil ready to jot down your appointment details.
- Specify the center where you wish to schedule your appointment.
- Cancellations should be processed through 311. Kindly cancel if necessary, as there is often a high demand from seniors needing appointments.
- Tax preparation services are available only on Thursdays at the North Valley Senior Center and are provided by AARP.

**JOIN US
for
SENIOR DAY
FEBRUARY 13, 2026**

WWW.AGING.NM.GOV/SENIORDAY



Join us at the Roundhouse on February 13th for Senior Day at the Legislature — a special opportunity to connect, learn, and be heard. Enjoy a free resource fair, learn more about New Mexico Aging Services' initiatives and budget priorities, and help advocate for funding that creates positive impacts in the lives of New Mexicans every day.

The day will include a resource fair, legislative tours, speakers, and opportunities to connect with legislators, community leaders, and organizations serving older adults.

FREE AND OPEN TO OLDER ADULTS, CAREGIVERS, AND COMMUNITY MEMBERS ACROSS NEW MEXICO.

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NEW MEXICO AGING SERVICES
NEW MEXICO AGING & LONG-TERM SERVICES DEPARTMENT

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
Intro to Belly Dance 10:00 am - 11:00 am (Resumes in March)
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

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.



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)
AARP Driver Safety Course: 9:00 am - 1:00pm (3rd Friday)
Chair Yoga 10:00 am-11:00 am
Slow Stretch for Flexibility 10:00 am - 11:00 am
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

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

General Information

www.cabq.gov/seniors

AARP Driver Safety Course

Friday, February 20

9:00 a.m. - 1:00 p.m.

\$20 for AARP members

\$25 for non-AARP members

Cash or Check made payable to AARP

Space is limited



Sunday Afternoon Dances

Dance to live music, Sundays,
1:30pm - 4:00pm, \$3.00 with a
current membership



Sunday, Feb. 1: No dance scheduled

Sunday, Feb. 8: Enchanted Four

Sunday, Feb. 15: Milagro

Sunday, Feb. 22: Latin Soul

Bands/Dances subject to change or cancellation

Teeniors

Friday, February 27, 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!



Senior Citizen Law Office

Power of Attorney Clinic

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

Limited space available.



Tuesday, February 10
9:00 a.m. - 11:00 a.m.



GEHM Clinic

Tuesday, February 24
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!

Powerful Tools for Caregivers Class

A program designed to help family
caregivers take better care of
themselves while caring for a
relative or friend

***Class coming in April, details to
follow soon!**

