

JANUARY

A message from Julio Santiesteban

North Valley Senior Center Newsletter

3825 4th Street, NW 87107

505-761-4025



Hello,

I wanted to thank all the members and staff that welcomed me into the North Valley family during the past month and a half. It has been a pleasure spending time with all of you. I will cherish the time I spent here for years to come. To all the volunteer instructors, Bingo volunteers, staff, community partners, and members, my most sincere gratitude for everything you do.

As of January 2024 I will be transferred to Los Volcanes Senior Center, but I wanted to take this opportunity to give a warm welcome to the new manager of the North Valley Senior Center, Julianna Brooks. During my 10yrs with the Department of Senior Affairs, Julianna has been my colleague, she has been with the department at our Highland Senior Center for the past 15+ years. I am also excited to announce Micheal Duran as the new activities coordinator for North Valley Senior Center. Micheal, like myself, has served in many roles in this department, most recently as the activities coordinator at Los Volcanes Senior Center.

Julianna Brooks and Micheal Duran both bring a wealth of knowledge and experience to the North Valley Senior Center. Please make sure to visit with Julianna and Michael while at our facility. Please make them feel welcomed to the North Valley Senior Center family as you did with me. Again, thanks for everything

Happy new year.



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 Jr, 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 CLOSERUES

Monday January 1st- New Year's Day

**Monday January 15th -Martin Luther
King Jr. Day**

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ROQUE**

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Senior Centers

North Valley Calendar & Events

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- 10:30am
Photo Club 10:00 am - 11:30 am 1st & 3rd
Tarde de Oro Dance Group 9:30am - 11:00am
Fishing Club Meeting 10:00am- 11:00am
Poker 12:00 pm - 4:00 pm
Tai Chi Chih 2:00pm - 3:00pm
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 10:00am- 3:00pm (By Appointment)
Poker 12:00 pm - 4:00 pm
Canasta Hand & Foot 1:15pm - 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 - 12:00pm
Jewelry w/Lynne 1:00 pm - 3:00 pm
Watercolor with Pablo (Starting January 10) 2:00-4:00pm
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 - 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 10:00am - 11:00am
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 3pm-4pm
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, Jan, 7 - La Raza

Sunday, Jan, 14 - Antonio y Los Unicos

Sunday, Jan, 21 - De Luz

Sunday, Jan, 28 - Latin Soul

Our Mission

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

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

January 31, 2024

3:00 pm - 5:00pm

Space is limited

Register at the front desk

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



Watercolor Class with Pablo



Wednesday 2:00-4:00 pm

Starts January 10,2024
10 week course

Space is limited
Register at front desk

North Valley' s
Parkinson's support/advisory group
&
Dance for Parkinson's
will resume Thursday, January 11th

Volunteer Opportunities

“Are you age 55+ and 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. Contact the RSVP office at (505) 767-5225 to find an opportunity that is a perfect fit for you!”

Thanks!

