

January

2025

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

2025

HAPPY NEW YEAR

Wishing all our fabulous
members a New Year
that's overflowing with
happiness and health!
Cheers to a sparkling
year ahead!

North Valley Senior Center is
CLOSED January 1, 2025 for
New Year Day!



North Valley Senior Center
will be Closed
on Monday, January 20th in
Observance of
Martin Luther King Holiday

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

ONE
ALBUQUERQUE

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, January 10
at 11:00 a.m.**

**Join us as we celebrate those
born in the month of December!**

Sponsored by:

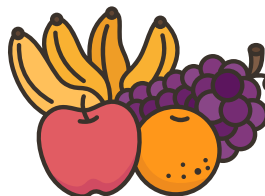


Monthly Sweet/Healthy Socials

Tuesday, January 21 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)
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 (1&3)
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)
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

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)
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.



Computer Lab available during business hours
***Fitness Room Orientation by appointment,
please call 505-880-2800.***

AARP Driver Safety Course

Friday, January 17

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



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, January 5: Paul Pino & Tone Daddies

Sunday, January 12: The Electric Edric Explosion

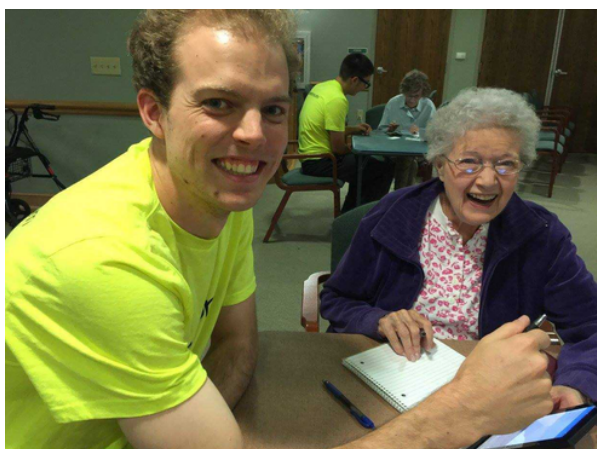
Sunday, January 19: La Raza

Sunday, January 26: No Dance on this day, center will be open for other scheduled activities.

Bands/Dances subject to change or cancellation



Please check back with us for sign up and schedule information for January for the Teeniors session at North Valley.



Senior Citizen Law Office



General Legal Clinic

Visit the front desk to schedule an appointment. Limited space available.

January 14th

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



GEHM Clinic

Tuesday, January 28

8:30 am - 12:00 pm

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!



DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Winter Word Search



APPLE CIDER

CHRISTMAS

FIREPLACE

GINGERBREAD

HANUKKAH

HOLIDAYS

HOT CHOCOLATE

ICE SKATING

ICICLE

MITTENS

PINECONE

READING

SKIING

SLED

SLEIGH RIDE

SNOW ANGEL

SNOW DAY

SNOWBALL

SNOWBOARD

SNOWFLAKE

SNOWMAN

SWEATER

TOBOGGAN

WINTER





North Valley Senior Center will announce the start date to make appointments for Taxes. Please keep a look out for informational flyer posted at the end of January. Taxes are prepared by AARP and will be by Appointment ONLY!



We have several items in our Lost & Found Box. Please come to the front desk if you have lost anything in the past six months we may have it! Items we have: Jackets, canes & believe it or not a painting!



North Valley Flea Market
Tuesdays 8:00am - 11:30am
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!



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 Rancheros1.50
(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.

Menu is Subject to Change

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>30</p> <ul style="list-style-type: none"> ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork/Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	<p>1</p> <p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk  	<p>3</p> <ul style="list-style-type: none"> ♦ Breaded Cod/Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk 
<p>6</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Sweet Potato Mash ♦ Cauliflower w/ Pepitas ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Corn & Edamame ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	<p>9</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Pepitas ♦ Pinto Beans w/ Spinach & Bell Peppers ♦ Dinner Roll/Margarine ♦ Apple Slices ♦ 1% milk  	<p>10</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Dinner Roll/Margarine ♦ Pear Slices ♦ 1% milk 
<p>13</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Diner Roll/Margarine ♦ Yogurt ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Lemon Baked Tilapia w/ Tartar Sauce ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Steamed Mushroom ♦ Sauteed Spinach ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 
<p>20</p> <p>MLK DAY</p> <p>I Have a Dream</p> <p>CLOSED</p>	<p>21</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Sweet Potato Mash ♦ Sauteed Spinach ♦ Diner Roll/Margarine ♦ Jell-O ♦ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Diner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	<p>23</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Brussel Sprouts ♦ Diner Roll/Margarine ♦ Pineapple ♦ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Mashed Potatoes ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Pear Slices ♦ 1% milk 
<p>27</p> <ul style="list-style-type: none"> ♦ Lemon Baked Tilapia w/ Tartar Suce ♦ Mashed Potatoes ♦ Corn & Edamame ♦ Diner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/Margarine ♦ Jell-O ♦ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Spaghetti w/ Tomato Sauce & Mushrooms ♦ Cauliflower w/ Pepitas ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 