

January 2026

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025



As we say goodbye to 2025, I want to take a moment to reflect on December. It was a wonderfully generous month, featuring several "Secret Santa" surprises. On two separate mornings, some kind individuals treated members to breakfast, while another Secret Santa gifted \$5 prizes to be used for breakfasts later on. It truly warms my heart to witness so many people with such big, compassionate hearts, especially during times when kindness is most needed. This is what makes North Valley Senior Center truly special. We eagerly anticipate 2026, hoping it brings a year filled with prosperity, happiness, and love.

Julianna Brooks, Center Manager

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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**Monthly menu & Ongoing Schedule are located
at the front desk**

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

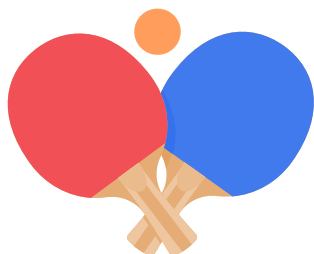
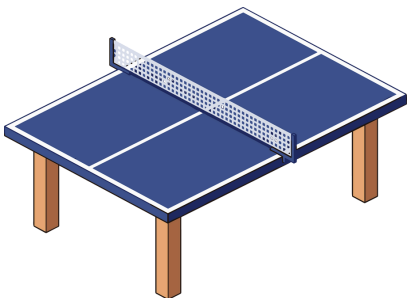
*****Lunch Reservations must be made by 1:00pm one day in advance.***

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.



Monthly Sweet/Healthy Social

Tuesday, January 20

at 10:30 a.m.

**Join us for our monthly sweet
and healthy socials featuring a
different treat each month!**

Sponsored by:



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 will be closed on January 19th in Honor of Martin Luther King Jr Holiday



Tax Season Information

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.



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
NEW Intro to Belly Dance 10:00 am - 11:00 am
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

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

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, January 16,
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, 1:30 p.m. - 4:00 p.m.

\$3 with a current membership!

Sunday, January 4: Chile Beans Express

Sunday, January 11: La Raza

Sunday, January 18: Desert Springs

Sunday, January 25: Antonio Y Los Unicos

Bands/Dances subject to change or cancellation



Teeniors

Friday, January 23, 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

General Legal Clinic

Please call 505-761-4025 or visit the
front desk to
schedule an appointment.

Limited space available.



Tuesday, January 13

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

GEHM Clinic

Tuesday, January 27

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!

NEW Intro to Belly Dance with Madam Habib

Have fun! Make Friends!

Begins Monday, December 1

10am - 11am

\$5.00 suggested donation

sign up at the front desk



Wear clothing that is easy to move in &
bring a scarf to tie around your hips

- Gain mind-body Clarity
- Improve your flexibility
- Strengthen Your memory
- Learn cultural awareness & the history of belly dance