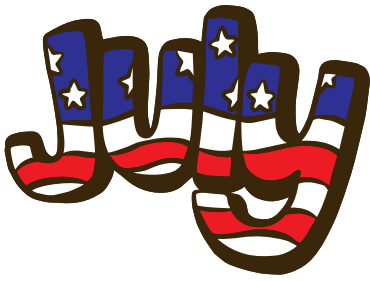


North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025



2026

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

VACANT, 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

Let's Celebrate!

250TH

Show your Patriotic Spirit by
Wearing Red, White, and
Blue on July 1st and 2nd!

North Valley Senior Center **CLOSED**

Friday July 3rd in observance of
Independence Day



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Department of Senior Affairs Participant Code of Conduct

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.

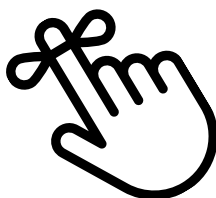
LUNCH RESERVATIONS POLICY

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.

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

Upcoming Trip 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.”



July Mystery Trip

Join us as our popular mystery trips return!

Please check out our activity board for the posting of the July Mystery Trip!

***Please note: This is an all day trip, be prepared & dress accordingly. Please bring money as lunch & any other expenses are at your own expense.**

If you attended the last mystery trip, please avoid signing up again or join the waitlist to allow others a chance to participate. Please check with the front desk for sign-up date.



I want to remind both members and visitors to reduce their speed when entering the parking lot. Many seniors crossing the area may have limitations and tend to walk a bit slower. Please keep this in mind while parking, and be vigilant for others backing out.

Safety is a priority for everyone!

Julianna Brooks, Center Manager



Monthly menu & Breakfast Menu are located at the front desk

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)
Pottery 8:00 am - 11:30 am (Class Full)
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Attendance Required, Class Full)
Tarde De Oro Dancers 9:30 am - 10:30am (Class Full)
Fishing Club Meeting 10:00 am- 11:00 am
Poker 12:00 pm - 4:00 pm
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 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/Fitness Room closes 15min. prior to closing.**

Thursday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Belts & Blocks Yoga 9:00 am -10:15 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 1:15 pm - 4:30 pm
Parkinson's Support/Advisory Group 3 pm-4 pm (3rd Thu.)
Dahn Yoga 2:30 pm - 3:30 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
Canasta/Other Games: 1:00 p.m. - 4:00 p.m.
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**

General Information

www.cabq.gov/seniors

AARP Driver Safety Course

Friday, July 17th

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

AARP
Driver Safety



Senior Citizen Law Office

General Legal Clinic

Please visit the front desk to
schedule an appointment.

Limited space available.



Tuesday, July 14th

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

Sunday Afternoon Dances

Dance to live music

1:30pm - 4:00pm,

\$3.00

Current Membership Required



Sunday, July 5th - No Dance (4th of July Holiday)

Sunday, July 12th - The Ray Lucero Band

Sunday, July 19th - La Raza

Sunday, July 26th - Dickie Chavez & Accordion Boys

Bands/Dances subject to change or cancellation

GEHM Clinic



Tuesday, July 28th

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!

Monthly Birthday Social

Tuesday, July 7th

9:00 am - 11:00am



Both Events Sponsored By:

CNSCares
We Put Care First.

4th of July Celebration

Wednesday, July 1st

9:00 am - 11:00 am

Celebrate Independence Day with
us at a festive party featuring
delicious treats! Wear your best
red, white, or blue outfit and get
ready to have fun!



Meetings & Greetings

Coffee with Constituents

Center Members are encouraged to visit with Senior Affairs Director during Coffee with Constituents. This is a great opportunity to ask questions as well as a time to share what is important to you.



Thursday, July 23, 2026 | 8:30 AM – 9:30 AM

Santa Barbara Martinez Town Multigenerational Center



Advisory Council Announcement

Monday, July 20, 2026 | 12:00 PM – 1:30 PM

Highland Senior Center

THE FOLLOWING SENIOR CENTERS WILL BE
TEMPORARILY CLOSED FOR EMPLOYEE TRAINING IN AUGUST



These facilities will be closed for Employee Training

August 3rd - 7th

North Valley Senior Center

Barelas Senior Center

Highland Senior Center

Bear Canyon Senior Center

Normal business hours will resume on August 9, 2026 for North Valley Senior Center.

Normal business hours will resume on August 8, 2026 for Bear Canyon

Normal business hours will resume on August 10, 2026 for Barelas and Highland

Meal Services will be offered at other locations:

Manzano Mesa Multigenerational Center - 505-275-8731

North Domingo Baca Multigenerational Center - 505-764-6475

Santa Barbara Martineztown Multigenerational Center - 505-767-5671

Los Volcanes Senior Center - 505-767-5999

Palo Duro Senior Center - 505 - 888-8102

Los Volcanes Sports & Fitness - 505-767-5990

Palo Duro Sports & Fitness - 505-880-2800

***Remember to call these other centers before 1pm to make a meal reservation**