



# 2025

## North Valley Senior Center

3825 4th Street, NW 87107

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

505-761-4025

### Message from Director Sanchez

Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you to share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Masquerade Ball at Highland Senior Center on June 26th, a day of joy, inclusion, and connection. Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults! Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey – we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and I am grateful!

Sincerely,

Anna M. Sanchez, Director

### Closures for June

June 2<sup>nd</sup> – 6<sup>th</sup> Staff Training



Thursday, June 19<sup>th</sup> Juneteenth 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

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

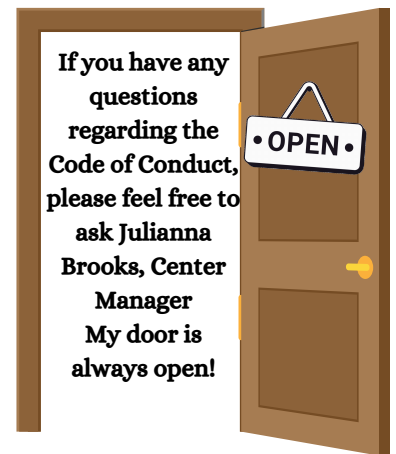
ONE  
ALBUQUE  
RQUE

# 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.



## Monthly Birthday Celebration

**Friday, June 13**  
**at 11:00 a.m.**

**Sponsored by:**

**Humana**



## Monthly Sweet/Healthy Social

**Tuesday, June 17, 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:**  **BeeHive**  
HOMES  
of Albuquerque

# 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  
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 (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 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  
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, Class Full)  
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

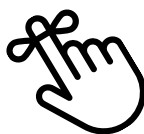
## Sunday

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.



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

## AARP Driver Safety Course

Friday, June 20

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 1:30 p.m. to 4:00 p.m.

\$3 with current membership!

Sunday, June 1: La Raza

Sunday, June 8: The Ray Lucero Band

Sunday, June 15: The Electric Edric Explosion

Sunday, June 22: Chile Beans Express

Sunday, June 29: Antonio Y Los Unicos

\*Bands/Dances subject to change or cancellation\*



## North Valley Flea Market



Tuesdays, 8:00 a.m. - 11:30 a.m.

Tables are \$2.00

Tables are sold on a lottery basis on the last Tuesday of the Month starting at 9:30am.

You must be present to join in the lottery with your updated membership card.

\*Flea Market is subject to change or cancellation\*

## Senior Citizen Law Office

Power of Attorney Clinic

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

Limited space available.



Tuesday, June 10

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

## GEHM Clinic

Tuesday, June 24, 2025

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!

## Teeniors Tech Help at North Valley

Need tech help or have questions about your phone/computer? Teeniors can help answer those questions for you!

Friday, June 27,

10:00 a.m. - 12:00 p.m..

\*Sign up at the front desk, space limited\*





## BOARDS & COMMISSIONS NEEDS YOU

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

[CABQ.GOV/BOARDS](http://CABQ.GOV/BOARDS)

APPLY TODAY

ONE  
ALBUQUE  
RQUE city clerk



ONE  
ALBUQUE  
RQUE

ENGAGE  
with Wellness

## SELF-CHECK HEALTH DAYS

NORTH VALLEY SENIOR CENTER  
2ND THURSDAY OF EACH MONTH | 1 PM - 3 PM

Regular health checks are essential for ensuring overall wellness and detecting potential health issues early, especially as you age. Stay proactive and informed by checking in on your health today!

Blood oxygen  
level meter

Blood pressure  
monitoring

Check your  
pulse/heart rate  
monitoring



## DANCE WITH PRIDE

THURSDAY JUNE 26TH

2:00PM-4:00PM

Highland Senior Center

LIVE MUSIC / PHOTO BOOTH / TABLING

Celebrate LGBTQ Pride Month-All Are Welcome



Do you have **questions** or **comments** about our programming? Join us for **office hours** with our administration!

**Tuesday, June 17, 2025**  
**9:30 a.m. - 10:30 a.m. at**  
**North Valley Senior Center**



# 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 Rancheros .....1.50**  
(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
2	3	4	5	6
BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz 	Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz 	Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz 	Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz 
9	10	11	12	13
Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz 	Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz 	Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz 	Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz 
16	17	18	<b>CLOSED</b> 19	20
Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz 		Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 
23	24	25	26	27
Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Salad 4oz <i>*May Contain Nuts</i> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz 	Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 