

March 2024



North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year.

Special congratulations to our survey contest winners from Barelás Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,
Anna M. Sanchez, Director

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, Coordinator
Office Assistant - VACANT

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



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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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.

March Birthday Celebration

Join us as we celebrate those of you born in the month of March!



Friday, March 8, 2024 at 10:00 a.m.

Sponsored by: Wellcare



**HAPPY
BIRTHDAY**

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
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
Pottery 8:00 am - 11:30 am (Class Full)
Yang Tai Chi 9:30 am- 10:30 am
Photo Club 10:00 am - 11:30 am (1st & 3rd)
Tarde de Oro Dance Group 9:30 am - 11:00am
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
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: Geriatric Massage 10:00 am- 3:00 pm (By Appointment)
Poker 12:00 pm - 4:00 pm
Canasta Hand & Foot 1:15 pm - 4:45 pm
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
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 - 12:00 pm
Jewelry w/Lynne 1:00 pm - 3:00 pm
Watercolor with Pablo (Starting January 10) 2:00 pm- 4:00 pm 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 - 4:45 pm
Billiards 8:00 am - 4:45 pm
Senior Law Office 9:00 am - 11:00 am (3rd Thursday)
Belts & Blocks Yoga 9:00 am -10:00 am
Stained Glass Class 9:00 am - 12:00 pm
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 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)
Chair Yoga 10:00 am-11:00 am
Slow Stretch for Flexibility 11:00 am - 12:00 pm (New day during income tax season)
Poker 12:00 pm - 4:00 pm
Pottery Open Lab 12:00 pm - 3:00 pm
Table Tennis 12:00 pm - 4:00 pm



Sunday

Fitness Room 12:30 pm - 3:45 pm
Billiards 12:30 pm - 3:45 pm
Table Tennis 12:30 pm - 3:45 pm
Hand Quilting 12:30 pm - 3:45 pm
Dance to Live Music 1:30 pm - 4:00 pm



Computer Lab available during business hours

Fitness Room Orientation by appointment, please call 505-880-2800.



Friendly Reminder

Please remember to update or renew your membership. Also, check in at the front desk for any classes or activities in which you participate.

General Information

AARP Driver Safety Course RETURNS

Friday, May 17, 2024

10:00 a.m. - 2:00 p.m.

\$20 for AARP members

\$25 for non-AARP members

Sign up at the front desk beginning in April 2024, space is limited.

Cash or check made payable to AARP



Driver Safety

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



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, Mar. 3: Antonio Y Los Unicos

Sunday, Mar. 10: Milagro

Sunday, Mar. 17: Chile Beans Express

Sunday, Mar. 24: Amistad

Sunday, Mar. 31: NO DANCE



Senior Citizen Law Office

General Legal Clinic.

Call 505-761-4025 or see the front desk to schedule an appointment.

Limited space available.



3rd Thursday of the Month

9:00am - 11:00am

Teeniors will be here to help you one-on-one to help you with technology questions you may have! Sign up at the front desk or call 505-761-4025

Teeniors

North Valley Senior Center

March 29, 2024

3:00 pm - 5:00pm



Space is limited

Register at the front desk

Special Event

Pi (3.14) Day

Thursday, March 14, at 10:00 a.m.

Join us as we celebrate Pi Day with a slice of delicious PIE!

*First come, first serve, while pies last
sponsored by Oak St. Health

