



North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

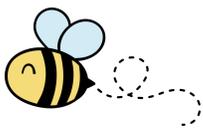
As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



March Advisory Council Meeting
Date: March 16, 2026 Time: 12:00noon
Palo Duro Senior Center
5221 Palo Duro Ave NE 87110 (505)888-8102



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.

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online! Thank you in advance for your participation!



Powerful Tools for Caregivers Class

A six week program designed to help family caregivers take better care of themselves while caring for a relative or friend.

***Classes begin April 16th - May 21st on Thursdays, 11:00 a.m. - 12:30 p.m. here at North Valley**



***Registration is required, to register please call 505-584-7862**

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.”

Santuario De Chimayo Trip

Join us as we visit the



All expenses including lunch are on your own expense



March Mystery Trip

Join us as our popular



Return

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



Santa Fe National Cemetery Trip

Wednesday, April 8th

Sign up begins March 2nd

(Deadline for April trip is March 31)

Sign up at the front desk

Space is limited

Please note: To participate on this trip you must have a loved one at the Santa Fe National Cemetery, as well as provide their name, middle name or middle initial & year of passing.



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
Intro to Belly Dance 10:00 am - 11:00 am (Resumes in April)
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 -10:15 am
Stained Glass Class 9:00 am - 12:00 pm
Slow Stretch for Flexibility: 10:30 am - 11:30 am
(Class Time changed temporarily until Tax season is over)
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(1st &3rd Thu.)
Parkinson's Support/Advisory Group 3 pm-4 pm (1st & 3rd Thu.)
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, March 20th, 2026

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



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, March 10th

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



GEHM Clinic

Tuesday, March 24th

Wednesday, March 25th

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!

Sunday Afternoon Dances

Dance to live music, Sundays, 1:30pm - 4:00pm, \$3.00 with a current membership



Sunday, Mar. 1: Peter Vigil & All-Star Band

Sunday, Mar. 8: Brothers Trio

Sunday, Mar 15: La Raza

Sunday, Mar. 22: Paul Pino & Tone Daddies

Sunday, Mar. 29: Chile Beans Express

Bands/Dances subject to change or cancellation

Teeniors

Friday, March 27, 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!



Fraud & Scam Seminar

You're Invited: A free financial resource built to empower

Cyber criminals exploit vulnerable individuals using advanced social engineering tactics. Knowledge is key to defense. Join us for a free workshop to learn tools to protect yourself from cyber threats.

Frauds & Scams Seminar
North Valley Senior Center
Friday, March 27th
9:00 a.m. - 10:30a.m.

Sign up at the front desk

Topics Include:

- How do scammers trick you
- Top 5 scams
- Identity Theft
- Resources available to you
- Prevention is Key
- Know the red flags

