



# 2024

# North Valley Senior Center

3825 4th Street, NW 87107

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

505-761-4025

## Message from the Manager

Spring has arrived with much anticipation, heralding the onset of warmer days. Looking back on the recent Centennial Birthday event from last month, it was truly special to have three senior members aged between 100 and 102 in attendance, marking a remarkable milestone for those fortunate enough to reach such an age.

### Important Notice:

Senior/Multigenerational centers will be closed from June 3rd to June 7th for employee training. Normal operating hours will resume on Sunday, June 9th.

Julianna Brooks, Center Manager



**North Valley Senior Center will be closed on Monday, May 27th in Observance of Memorial Day.**



### 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

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

**ONE  
ALBUQUE  
ROQUE**

# 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.

## May Birthday Celebration

Friday, May 10, 2024

at 10:00 a.m.



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

Sponsored by:



## Monthly Sweet/Healthy Socials

Tuesday, May 21, 2024 at 10:00 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:



# 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, Class Full)  
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, Class Full)  
Stained Glass Class 9:00 am - 12:00 pm  
Guitar Jam Session 9:45 am- 11:45 am  
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 (Class resumes April/May)  
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  
*NEW:* Watercolor class: 9:00 am - 12:00 pm (Starts May 2nd)  
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, Class Full)  
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 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 (Class Full)  
Dance to Live Music 1:30 pm - 4:00 pm



# General Information

## AARP Driver Safety Course RETURNS

Friday, May 17 & June 21

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

## Teeniors

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

**North Valley Senior Center**

**May 31, 2024**

**10:00 am - 12:00 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, May 5: Milagro

Sunday, May 12: Desert Springs

Sunday, May 19: Latin Soul

Sunday, May 26: Amistad



## GEHM Clinic

**Tuesday, May 28**

**8:30 am - 12:00 pm**

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!

## Senior Citizen Law Office

### General Legal Clinic

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

Limited space available.



**3rd Thursday of the Month**

**9:00am - 11:00am**

## National Senior Health & Fitness Day

**Wednesday, May 29 @ North Domingo Baca**

**9:00 am - 12:00 pm**

Fitness Demonstrations

Health Vendors

Giveaways

Prizes

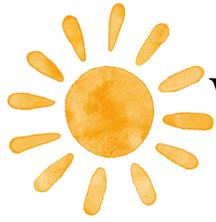
Snacks and more



## Friendly Reminder

**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.**

# What's New at North Valley



## Water Color Class w/ Instructor Bonnie T. Gardner



The class welcomes both beginners and advanced watercolor artists. The course's main goal is to teach students the art of capturing beauty through watercolor painting.

A significant part of the training involves learning how to subtly layer transparent paint to create an image.

Students have the flexibility to either trace and transfer their drawings from a picture image or use hand drawing techniques, depending on their skill and comfort level.

Students are expected to bring their own visual reference materials for the class

### Materials

- Watercolor paper
- Watercolor paints
- watercolor brushes
- Tracing Paper
- Pencils

**Class begins**

**Thursday, May 2**

**9 a.m. - 12 p.m.**

**Sign up at the front desk**

## Special Performance by the ABQ Choir!

We are very happy to welcome the ABQ Choir, who've asked to come to North Valley and entertain you!

**Monday, May 13 beginning at 11:15 a.m.**



**Special Thanks to the ABQ Choir**

# Day Trips

## Tarde De Oro Trip

Thursday, May 9, 2024

Enjoy a uniquely entertaining musical production showcasing New Mexico's rich & ever evolving history covering five eras.

Check in: 11:45 am

Depart: 12:00 pm

Return: 3:30 pm (Approx.)

## Santa Fe National Cemetery

Visitation Opportunity

Wednesday, June 12, 2024

Deadline to sign up is June 3

Limited to first 5 slots

Check in: 8:30 a.m.

Depart: 8:45 a.m.

Return: 4:30 p.m. (Approx.)

**Both Above trips are sold out!  
Wait List Only**

## Ghost Town Mystery Trip

Friday, May 24, 2024

Check in: 8:00 a.m.

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



### Department of Senior Affairs Trip Policies

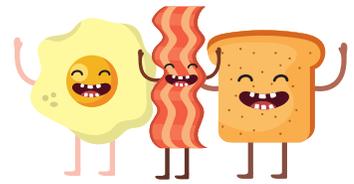
To register for Trips, present your current membership card

1. Return times are approximate and delays sometime occur.
2. Meals are at your own expense. All trip participants should remain with group for the entire trip, and return with the City of Albuquerque /DSA Van.
3. We require a two-week notice for special accommodations.

NOTE: The City of Albuquerque Department of Senior Affairs Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a center-sponsored outing must "sign the Trip Release Form before leaving the center." If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing, and a refund will not be given.

\*\*Trips are Subject to Change

# 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.

**WELCOME BACK HUEVOS RANCHEROS !  
 (FRIDAY'S ONLY)**



## 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.***

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
29 <ul style="list-style-type: none"> <li>♦ Chicken tender w/ BBQ sauce</li> <li>♦ Green beans</li> <li>♦ Sweet potatoes</li> <li>♦ Diced peaches</li> <li>♦ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>♦ Salmon w/garlic butter</li> <li>♦ Fajita blend vegetables</li> <li>♦ Brown rice</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>♦ Beef stir fry</li> <li>♦ Steamed carrots</li> <li>♦ Orzo</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>♦ Southwest omelet w/ red chile</li> <li>♦ Diced potatoes</li> <li>♦ Stewed tomatoes</li> <li>♦ Cantaloupe</li> <li>♦ 1% milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>♦ Turkey pot pie</li> <li>♦ Diced beets</li> <li>♦ Baked cinnamon apples</li> <li>♦ 1% milk</li> </ul> 
6 <ul style="list-style-type: none"> <li>♦ Beef tips w/bowtie pasta</li> <li>♦ Normandy blend vegetables</li> <li>♦ Cherry cobbler</li> <li>♦ Dinner roll w/ margarine</li> <li>♦ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>♦ Red chile beef enchilada</li> <li>♦ Spanish rice</li> <li>♦ Pinto beans</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>♦ Teriyaki chicken</li> <li>♦ White rice</li> <li>♦ Green beans</li> <li>♦ Apple slices</li> <li>♦ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>♦ Tilapia over brown rice w/lemon sauce</li> <li>♦ Cauliflower</li> <li>♦ Green beans</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>♦ Pork chop w/brown gravy</li> <li>♦ Mashed potatoes</li> <li>♦ Roasted Brussel sprouts</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul> 
13 <ul style="list-style-type: none"> <li>♦ Ground beef w/diced tomato &amp; cheese</li> <li>♦ Calabacitas</li> <li>♦ Pinto beans</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>♦ Cajun tilapia</li> <li>♦ Brussel sprouts</li> <li>♦ Cornbread</li> <li>♦ Strawberries</li> <li>♦ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>♦ Sweet and sour pork w/pineapple</li> <li>♦ Brown rice</li> <li>♦ Steamed carrots</li> <li>♦ Honeydew</li> <li>♦ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>♦ Cheese tortellini</li> <li>♦ Breadstick</li> <li>♦ Steamed green beans</li> <li>♦ Apple</li> <li>♦ 1% milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>♦ Chicken breaded patty w/white gravy</li> <li>♦ Mashed potatoes</li> <li>♦ Beets</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 
20 <ul style="list-style-type: none"> <li>♦ Red chile beans w/ beef, cheese, onions</li> <li>♦ Corn bread</li> <li>♦ Peach cobbler</li> <li>♦ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>♦ Baked cod w/tartar sauce</li> <li>♦ Brown rice</li> <li>♦ Steamed carrots</li> <li>♦ Pear</li> <li>♦ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>♦ Baked chicken thigh</li> <li>♦ Collard greens</li> <li>♦ Succotash</li> <li>♦ Pineapple chunks</li> <li>♦ 1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>♦ Cauliflower curry soup</li> <li>♦ Steamed broccoli</li> <li>♦ Corn bread</li> <li>♦ Chocolate pudding cup</li> <li>♦ 1% milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>♦ BBQ pulled pork</li> <li>♦ Sweet potato</li> <li>♦ Peas and carrots</li> <li>♦ Watermelon</li> <li>♦ 1% milk</li> </ul> 
27 	28 <ul style="list-style-type: none"> <li>♦ Sliced turkey w/gravy</li> <li>♦ Stuffing</li> <li>♦ Beets</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>♦ Carne adovada</li> <li>♦ Corn w/peppers</li> <li>♦ Broccoli, cauliflower, carrots</li> <li>♦ Honeydew</li> <li>♦ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>♦ Rotini pasta w/sauce</li> <li>♦ Spinach w/onions</li> <li>♦ Warm cinnamon apples</li> <li>♦ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>♦ Chicken tender w/ BBQ sauce</li> <li>♦ Steamed potato</li> <li>♦ Green beans</li> <li>♦ Cantaloupe</li> <li>♦ 1% milk</li> </ul> 