



2025

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Message from the Manager

Here are a few important updates for the upcoming months:

- We have combined the May and June newsletters, and will return to our regular monthly schedule in July.
- Please note the following closure dates below.
- We kindly request that all instructors and volunteers confirm their awareness of the Training Week closure. If you have any questions, please reach out to Micheal Duran, Program Coordinator or Julianna Brooks, Center Manager
- Additionally, we are streamlining the newsletter and will provide a separate copy of the menu and ongoing schedule for your convenience.

Lastly, be sure to check our bulletin board for upcoming trips

Closures for May & June

Monday, May 26th Memorial Day Holiday

June 2nd - 6th Staff Training

Thursday, June 19th 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

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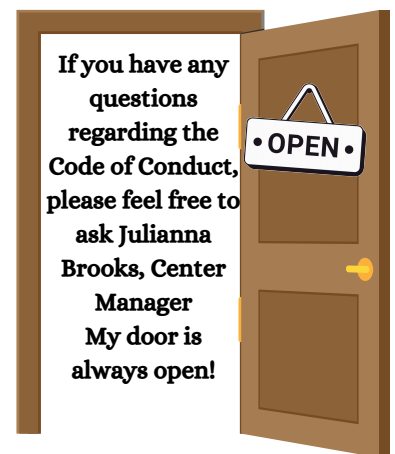


Department of Senior Affairs Participant Code of Conduct

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.



Monthly Birthday Celebration

Friday, May 2
at 11:00 a.m.

Sponsored by:

Humana



Monthly Sweet/Healthy Social

Tuesday, May 20, 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:



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)
Yang Tai Chi 9:30 am - 10:30 am
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

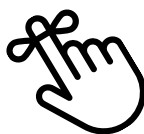
Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Attendance Required, Class Full)
Chair Yoga 10:00 am - 11:00 am
Slow Stretch for Flexibility 10:00 am - 11:00 am
AARP Driver Safety Course: 10:00 am - 2:00pm
(3rd Friday)
Pottery 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, May 16

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, May 4: Milagro

Sunday, May 11: Peter Vigil & All-Star Band

Sunday, May 18: Chile Beans Express

Sunday, May 25: Brothers Trio

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

General Legal Clinic

Please visit the front desk or call

505-761-4025 to

schedule an appointment.

Limited space available.

Tuesday, May 13

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



GEHM Clinic

Tuesday, May 27, 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, May 23,

1:00 p.m. - 3:00 p.m.

Sign up at the front desk, space limited



Tarde De Oro Trip

Thursday, May 8, 2025

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.)
Sign up at the front desk

Santa Fe National Cemetery Trip



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.



May Mystery Trip

Thursday, May 22 at 8:00 a.m.



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.

Sign up at the front desk beginning May 2 at 9:00 a.m. space limited

If you went on the previous mystery trip, kindly refrain from signing up to give other members a chance to experience it

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 Rancheros1.50
(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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
<ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 
5	6	7	8	9
<ul style="list-style-type: none"> ♦ Beef Tips 3oz Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Enchilada 2ea Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz Banana 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Omelet 1ea Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Sweet & Sour 1oz Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz 
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Asian Chicken 3oz Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Cod 3oz Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 
CLOSED 26	27	28	29	30
	<ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotini Pasta 4oz Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Tips 3oz Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Applesauce 4oz ♦ 1% Milk 8oz 