

May 2026

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Center Hours

Mon., Wed., Thur., Fri.: 8am - 5pm

Tuesday: 8am - 7pm

Saturday Closed

Sunday: 12:30pm - 4:30pm



CINCO DE MAYO



Join us for a vibrant day of music, dance, food, and culture!

TUESDAY, MAY 5TH

9:30 AM - 12:30PM

Please see center flyers for details of meal service on this day.



North Valley will be closed on Monday, May 25th in Observance of



MEMORIAL DAY

ONE ALBUQUE RQUE

Monthly menu & Breakfast Menu are located at the front desk

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

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.

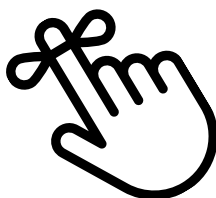
LUNCH RESERVATIONS POLICY

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.

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

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.”

Tarde De Oro

Please join us as we visit the Kimo Theatre to see an amazing &

Tickets are available!

The show starts at 7:00 a.m.

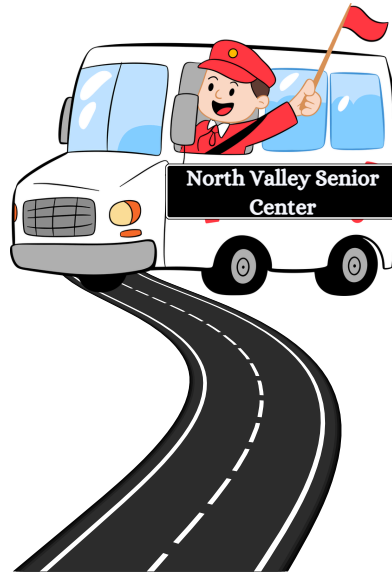
Check out the show!

Departure: 11:45 a.m.

Return: 3:30 p.m. (Approx.)



All expenses including lunch are on your own expense



May Mystery Trip

Join us as our popular mystery trips return!

Please check out our activity board for the posting of the May Mystery Trip!

***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.**

If you attended the last mystery trip, please avoid signing up again or join the waitlist to allow others a chance to participate. Please check with the front desk for Sign up date.

Advanced Funeral Planning with French Funerals & Cremations

Tuesday, May 19th, 2026

10:00 a.m. - 11:30 a.m.

***Please sign up at the front desk or by calling**

505-761-4025

Topics Include

- Advanced funeral planning
- Types of services
- Death away from home planning
- Planning financially for services
- After the funeral service

Join us for an advanced funeral planning seminar with Sean Unale, covering how to create a funeral plan, its effects on loved ones, and Q&A on funeral services.

Refreshments will be provided.



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
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/Fitness Room closes 15min. prior to closing.**

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: 10:00 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 (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**

General Information

www.cabq.gov/seniors

AARP Driver Safety Course



Driver Safety



Friday, May 15, 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 to schedule an appointment.

Limited space available.



Tuesday, May 12th

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

Sunday Afternoon Dances

Dance to live music

1:30pm - 4:00pm,

\$3.00

Current Membership Required



Sunday, May 3rd - Paul Pino & Tone Daddies

Sunday, May 10th - Milagro

Sunday, May 17th - Chile Beans Express

Sunday, May 24th - De Luz

Sunday, May 31st - La Raza

Bands/Dances subject to change or cancellation

GEHM Clinic



Tuesday, May 26th

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!

National Senior Health & Fitness Day

Wednesday May 27, 2026

North Domingo Baca Multigenerational Center

9:00am - 12:00pm

Sponsored by Blue Cross Blue Shield

The event will have exercise demonstrations, raffle prizes, vendors, giveaways and much more.



Meetings & Greetings

Coffee with Constituents

Center Members are encouraged to visit with Senior Affairs Director during Coffee with Constituents. This is a great opportunity to ask questions as well as a time to share what is important to you.



May 28th at Palo Duro Senior Center
5221 Palo Duro Ave NE

Advisory Council



May 18, 2026 at
North Valley Senior Center
12 noon - 1:00pm



SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING IN JUNE

These facilities will be closed for Employee Training
June 1 to June 5 , 2026:

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center
Los Volcanes Sports and Fitness Center
Palo Duro Senior Center
Palo Duro Sports and Fitness Center

Normal business hours will resume on June 6, 2026 for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.

Normal Business hours will resume on June 8, 2026 for Santa Barbara Martineztown.

Meal Services will be offered at other locations:

Barelas Senior Center - 764-6436
North Valley Senior Center - 761-4025
Highland Senior Center - 767-5210
Bear Canyon Senior Center - 767-5959

*Thank You for your
Cooperation!*