

April 2026

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department's funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City's budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00–1:30 pm, and "Coffee with Constituents" at Barelás Senior Center on Thursday, April 23, from 8:30–9:30 am. I look forward to connecting with you in person!

Here's to a beautiful April filled with sunshine and good health!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs

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.



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.”

Tarde De Oro

Please join us as we visit the Kimo Theatre to watch the amazing & wonderful Tarde De Oro Show!

Thursday, May 7th

Check in: 11:30 a.m.

Depart: 11:45 a.m.

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

All expenses including lunch are on your own expense



April Mystery Trip

Join us as our popular mystery trips return!

Thursday, April 16th

Check in: 8:00 a.m.

Depart: 8:15 a.m.

Return: 5:00 p.m. (Approx.)

***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.

Sign up begins March 30th at 9:00 a.m.



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
(Possibly 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 - 1:00 pm (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

General Information

www.cabq.gov/seniors

AARP Driver Safety Course

Friday, April 17, 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

AARP
Driver Safety



Sunday Afternoon Dances

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



Sunday, April 5 - CLOSED for Easter Holiday

Sunday, April 12 - Antonio y Los Unicos

Sunday, April 19 - Los Hermanos

Sunda, April 26 - Desert Springs

Bands/Dances subject to change or cancellation

Senior Citizen Law Office

Power of Attorney Clinic

Please call 505-265-2300 to
schedule an appointment.

Limited space available.



Tuesday, April 14th

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



GEHM Clinic

Tuesday, April 21st

Wednesday, April 22nd

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!



**North Valley Senior Center is
CLOSED on Sunday, April 5th for
Easter Holiday**

