

November 2025

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

2025 Ageless Artisan Craft Fair

Just in time for holiday shopping! The City of Albuquerque Department of Senior Affairs welcomes the public in celebrating the creativity of its community members at Manzano Mesa on November 15, 2025 from 9am-1pm. Come shop and support our senior artists!

The Ageless Artisan Fair will feature unique, one-of-a-kind items such as tin art, woodwork, ceramics, photography, mixed media, jewelry, and much more!

Featuring: Artisan Fair | Food Trucks | Music | Photo Booth

Event Location and Date:

- Manzano Mesa Multigenerational Center
- 501 Elizabeth St SE, 87123
- Saturday, November 15, 2025 9am-1pm



Monthly menu & On-going Schedule is located at the front desk

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

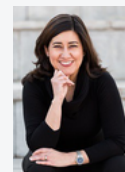
Cynthia Johnson, Cook

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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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.

Monthly Birthday Celebration

TBD for November



Sponsored by: **Humana**

Monthly Sweet/Healthy Social

Tuesday, November 18

at 11:00 a.m.

Join us for our monthly sweet and healthy socials featuring a different treat each month!

Sponsored by:  **Beehive**
HOMES
of Albuquerque

Center Closures & Congratulations

North Valley Senior Center is
Closed on Monday, November
11th for Veterans Day



AND

A BOUNTIFUL
*Thanks
giving*
TO YOU

Thursday & Friday, November
27th & 28th
for Thanksgiving

CONGRATULATIONS

Honoring Our Stained Glass Group Participants

This year at the State Fair, several members of the Stained Glass Group achieved remarkable success, winning numerous ribbons for their entries. We would like to take a moment to celebrate their accomplishments. Additionally, you might spot some of the group participating in the Annual Ageless Artisan Crafts Fair at Manzano Mesa. For more details, please refer to the front page.



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
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
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 -10:00 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
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

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, November 21

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



Driver Safety

Sunday Afternoon Dances

Dance to live music

Sundays, 1:30 p.m. - 4:00 p.m.

\$3 with a current membership!

Sunday, November 2 - De Luz

Sunday, November 9 - The Ray Lucero Band

Sunday, November 16 - Chile Beans Express

Sunday, November 23 - Los Hermanos

Sunday, November 30 - No Dance Scheduled

Bands/Dances subject to change or cancellation



Teeniors

Friday, November 14, 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!



Senior Citizen Law Office

General Legal Clinic

Please visit the front desk to
schedule an appointment.

Limited space available.

Tuesday, November 4

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



GEHM Clinic

Tuesday, November 25

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!

ANNUAL HOLIDAY DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE
WITH SENIORS IN NEED THIS HOLIDAY SEASON.

DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE
COORDINATION PROGRAM.

NEW ITEMS NEEDED:

- SCARVES
- HATS
- GLOVES
- SOCKS
- BLANKETS

BRING DONATIONS TO
YOUR LOCAL SENIOR
OR
MULTIGENERATIONAL
CENTER BEFORE
NOVEMBER 30, 2025

SCAN QR CODE

FOR AMAZON REGISTRY

ONE ALBUQUERQUE senior affairs

independence at home
A SCAN COMMUNITY SERVICE.

FOR MORE INFORMATION, CALL (505)764-6400