North Valley Senior Center

NOVEMBER 2026

3825 4th Street, NW 87107
www.cabq.gov/seniors
505-761-4025

A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us.
At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

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
Amaris Aultman, Program Assistant
Frank Martinez, 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 ncoa National Institute of Senior Centers

ONE ALBUQUERQUE

Monthly menu & Breakfast Menu are located at the front desk

Department of Senior Affairs Participant Code of Conduct

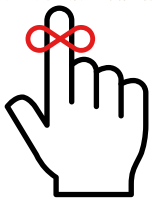
Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience. This includes all City programs and activities and their locations.

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.

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.

REMINDERS



Membership Processing
9:00am - 11:00am &
1:00pm - 3:30pm
Monday - Friday

Palo Duro Senior Center will be closed for renovations starting October 18th. Members can go to Highland or Manzano Mesa for meals during this time. Please contact the visiting center for meal reservations.

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."



Please check out our activity board for the posting of any trip opportunities!

Trips are subject to change or cancellation



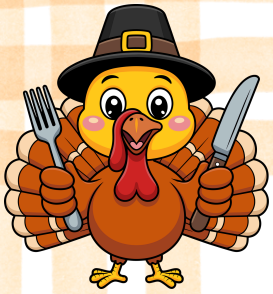


Cancelled

on Wednesday November 25th



North Valley Senior Center will be CLOSED on Wednesday, November 11th in observance of Veterans Day



North Valley Senior Center

CLOSED

on Thursday November 26th & Friday November 27th for the Thanksgiving Holiday



Highland Senior Center is pleased to announce that it will host a Thanksgiving Lunch on Thursday, November 26th for ages 60+. Cost: $4.00 per ticket with a current DSA membership

Tickets must be purchased in advance at Highland, as space is limited.

For ticket questions contact Highland at 505-767-5210.

North Valley Daily Class Schedule

Computer Lab available during business hours
***Fitness Room Orientation by appointment, please call 505-880-2800/Fitness Room closes 15min. prior to closing.**

Monday

Fitness Room 8:00 am - 4:45 pm
Hand Quilting 8:00 am - 2:00 pm (Class Full)
Pottery 8:00 am - 11:30 am (Class Full)
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Attendance Required, Class Full)
Tarde De Oro Dancers 9:30 am - 10:30am (Class open)
Fishing Club Meeting 10:00 am- 11:00 am
Latin Aerobics 1:00 pm - 2:00 pm
Mexican Train: 1:00 pm - 4:00 pm (New)
Tai Chi Chih 2:00 pm - 3:00 pm

Tuesday

Fitness Room 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.)
Canasta 1:00 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
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)
Mah Jongg - 1:00 pm - 4:00 pm (Group Full)
Bingo 2:00 pm - 4:00 pm

Thursday

Fitness Room 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
Canasta 1:00 pm - 4:30 pm
Mariachi Instrumental class 1:30 pm - 2:30pm
Parkinson's Support/Advisory Group 2 pm-3 pm (3rd Thu.)
Dahn Yoga 2:30 pm - 3:30 pm

Friday

Fitness Room 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
Pottery Open Lab: 10:30 am - 3:30 pm (class full)
Canasta/Other Games: 1:00 pm - 4:00 pm
Table Tennis 2:00 pm - 4:30 pm

Sunday

Fitness Room 12:30 pm - 4:45 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**

***Heads up! Billiards is on a renovation vacation, so cue sticks are resting for now. Poker will return at a later date also, stay tuned for updates.**

General Information www.cabq.gov/seniors

AARP Driver Safety Course

Class will resume Jan. 2027
Check Back with us for a date
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 or visit the front desk to schedule an appointment.
Limited space available.
Tuesday, Nov. 10th
9:00 a.m. - 11:00 a.m.



Sunday Afternoon Dances

Dance to live music
1:30pm - 4:00pm,
$3.00 per person
Current Membership Required

Sunday, Nov. 1st - Bosque Fire
Sunday, Nov. 8th - Southern Trail
Sunday, Nov. 15th - Rio Grande Express
Sunday, Nov. 22nd - Long Drink of Water
Sunday, Nov. 29 - No Dance Scheduled (Thanksgiving Holiday)

Bands/Dances subject to change or cancellation

GEHM Clinic



Tuesday, November 24th
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!

Suggestion Box

Share your Feedback we want to hear from you!
Located by the front doors.



Teeniors

Friday, November 20th
1:00 p.m. - 3:00 p.m.
*Sign up at the front desk, space limited

Need help or have questions about your phone or computer? Teeniors can help!

TEENIORS
tech-savvy teens empowering seniors

Meetings & Greetings





DSA Advisory Council Meeting
Monday, November 16th,
12 pm - 1:30pm
at Conway Wood Multigenerational Center.



Coffee with Constituents
Thursday, November 12th
8:30–9:30 a.m. at Conway Wood Multigenerational Center.





VETERANS DAY

Veterans are as American
as Apple Pie
Join us in honoring Veterans Day with a delightful slice of apple pie and a scoop of ice cream!
Tuesday, November 10th @ 10 a.m.





Gobble and Groove Fest!

Join us for a Thanksgiving shindig filled with grub and grooves! To score your spot at the table, remember to call by 1 p.m. the day before!

Wednesday, November 25th, 11 a.m. - 1 p.m.





ONE ALBUQUERQUE

November

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
2 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	**3** Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	**4** Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	**5** Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	**6** Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9 Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	**10** Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	**CLOSED 11** 	**12** Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz	**13** Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	**17** Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	**18** BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	**19** Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	**20** Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	**24** Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	**25** Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	**CLOSED 26** 	**CLOSED 27**
30 Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	**1** Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	**2** Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	**3** Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	**4** Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea Jell-O 4oz 1% Milk 8oz

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.