

October 2025

North Valley Senior Center

3825 4th Street, NW 87107

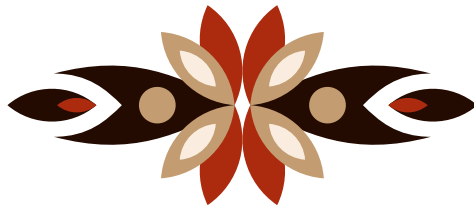
www.cabq.gov/seniors

505-761-4025



As we embrace this beautiful season filled with the aroma of chile roasting and the delightful essence of pumpkin spice, it signals that the holidays are just around the corner!

Members can stay updated about events by checking our bulletin boards and posters displayed throughout the center. Happy Fall everyone!



North Valley Senior Center will be Closed
Monday, October 13th
for
Indigenous Peoples Day

*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

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

Tuesday, October 14

at 9:30 a.m.

Sponsored by:

Humana



Monthly Sweet/Healthy Social

Tuesday, October 21 at 10:00 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:



Prime Time 50+ Expo

-Free Event-

Wednesday, October 8th

8:30am - 1:00pm at Embassy Suites
(Lomas & I-25)

*Please see flyers posted around the
center for additional information.



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

Medicare Fair

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you.

Monday, October 20, 2025
9:00am - 11:00am

*Please see flyer in center for other
locations/dates for this event. This
date is for North Valley Senior
Center.

Event Location and Date:
• Manzano Mesa Multigenerational Center
• 501 Elizabeth St SE, 87123
• Saturday, November 15, 2025 9am-1pm

Advisory Council Meeting

October 20, 2025

at

Highland Senior Center

131 Monroe NE

12pm - 1:30pm



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
Table Tennis 12:00 pm - 4:00 pm (will resume TBA)

Sunday

Fitness Room 12:30 pm - 4:45 pm
Billiards 12:30 pm - 3:45 pm
Table Tennis 12:30 pm - 3:45 pm (will resume TBA)
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, October 17

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, October 5 - Milagro

Sunday, October 12: Dickie Chavez 8 Accordion Boys

Sunday, October 19: Desert Springs

Sunday, October 26: Antonio Y Los Unicos

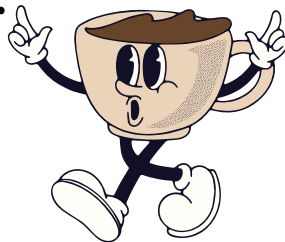
Bands/Dances subject to change or cancellation



Coffee with Constituents

Join Anna Sanchez, DSA Director
for

Coffee with Constituents at
8:30am in the Lobby
Thursday, October 9th



Teeniors

Friday, October 24, 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

Power of Attorney Clinic

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

Limited space available.

Tuesday, October 14

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



GEHM Clinic

Tuesday, October 28

Wednesday, October 29

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!

Arts & Crafts Class

The North Valley Arts & Crafts Class is
currently seeking donations for various
items. If you're cleaning out your
closets or would like to contribute,
please bring your donations to the
manager's office or during class on
Wednesdays from 10 AM to 12 noon in
Room 3.

*Items Needed:**

Yarn

Crochet hooks

Needlepoint kits

Plastic canvas

Scissors

Gauge rulers

Tape measures

Stitch markers

Your generous donations are truly
appreciated!

