



North Valley Senior Center

2026

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

NORTH VALLEY SPIRIT WEEK

Get ready to unleash your inner spirit animal! From October 5th to October 9th, we're rolling out Spirit Week, and you're invited to jump in with both feet. Each day promises a wacky, wild way to flaunt your spirit, so gear up for a week of fun-filled appropriate silliness!

MONDAY, OCT. 5TH MUSIC T-SHIRT DAY

Wear your favorite Band T-Shirt



TUESDAY, OCT. 6TH DECADES DAY

Dress like we're back in the 70's



WEDNESDAY, OCT. 7TH SUPERHERO DAY

Dress up like your favorite superhero or wear a superhero shirt



THURSDAY, OCT. 8TH SPORTS DAY

Wear attire representing your favorite team



FRIDAY, OCT. 9TH PAJAMA DAY

Appropriate PJ attire



North Valley Senior Center is Closed on Monday, October 12th in celebration of



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 **ncoac**
National Institute of Senior Centers

ONE ALBUQUE RQUE

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.

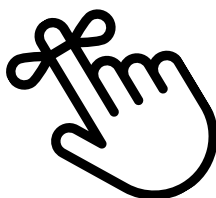
LUNCH RESERVATIONS POLICY

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.”



October Mystery Trip

Hop aboard as our beloved mystery trips make a comeback!
Just remember, the destination is a top-secret surprise!
Please check out our activity board for the posting of the
October Mystery Trip!

***Please note: This is an all day trip, be prepared & dress accordingly. Please bring money as lunch & any other expenses are at your own expense.**

Trips are subject to change or cancellation

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.

North Valley Construction Updates



As many of you may have observed, there is ongoing construction near the front entrance. Please feel free to ask any questions; I am more than happy to provide answers. Some areas within the center have undergone demolition, which means we are navigating a few obstacles. Kindly pay attention to the signs and restricted zones, as these measures are in place for everyone's safety.

- We ask that all participants anticipate some noise and dust during the demolition and construction phases.
- Please understand that there may be times when certain areas must be closed for reasons beyond our control. We appreciate your flexibility during this period.

Thank you for your cooperation.
Julianna Brooks, Center Manager

North Valley Daily Class Schedule

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 - 10:30 am (Class open)
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
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 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

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
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 - 2:30 pm
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)
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)
Canasta/Other Games: 1:00 p.m. - 4:00 p.m.
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. As for poker, it's a Monday & Tuesday-only affair until the dust settles on this project.

General Information

www.cabq.gov/seniors

AARP Driver Safety Course

Friday, October 16th

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

1:30pm - 4:00pm,

\$3.00 per person

Current Membership Required

Sunday, October 4th - Brothers Trio

Sunday, October 11th - Dickie Chavez & Accordion Boys

Sunday, October 18th - Desert Springs

Sunday, October 25th - La Raza

Bands/Dances subject to change or cancellation

Veterans Wall Photos

Thursday, October 8th

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



North Valley is organizing a special session for Veteran members to have their photos taken and be featured on our Wall of Honor. More info coming soon!

Senior Citizen Law Office

Power of Attorney Clinic
Please call 505-265-2300 to schedule an appointment.

Limited space available.



Tuesday, October 13th

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

GEHM Clinic



Tuesday, October 27th

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!

Teeniors

Friday, October 23rd

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!



Monthly Menu & Breakfast Menu are located at the front desk

Meetings & Greetings

MEDICARE FAIR

EVENT SERIES | *take care of your health*



Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

LOCATIONS AND TIMES

Bear Canyon Senior Center

- Medicare Event: Oct. 14, 9 - 11 am
- SHIP Counseling: Oct. 21, 9 - 11 am

Highland Senior Center

- Medicare Event: Oct. 15, 9 - 11 am
- SHIP Counseling: Oct. 22, 9 - 11 am

Manzano Mesa Multigenerational Center

- Medicare Event: Nov. 6, 11 am - 1 pm
- SHIP Counseling: Nov. 18, 11 am - 1 pm

Barelas Senior Center

- Medicare Event: Nov. 12, 11 am - 1 pm
- SHIP Counseling: Nov. 19, 11 am - 1 pm



Call **505-764-6400**
for more information

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DSA Advisory Council Meeting

Monday, October 19th

12-1:30 p.m.

Barelas Senior Center

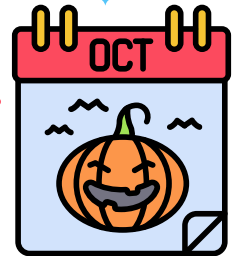


Coffee with Constituents

North Domingo Baca

October 22nd

from 8:30-9:30 a.m.



30 Years!

30th ANNUAL

PRIME TIME 50+ EXPO

Join us as we celebrate 30 incredible years of the 50+ Expo!
Bigger, Better, and Now at the Newly Renovated Museum of Natural History & Science!

Tuesday, October 20th 2026!

8:30AM - 1PM at the Museum of Natural History & Science

- FREE EVENT -

Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



AND



For More Info Contact:
PrimeTime Publishing
Publisher@PrimeTimeNM.com
505-242-2428

PrimeTimeNM.com

Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH

9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE
(505) 275-8731

- Tin Art
- Jewelry
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!



Support Our Senior Artisans!



cabq.gov/seniors

