



North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

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 
National Institute of
Senior Centers

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Monthly menu & Breakfast Menu are
located at the front desk

A Warm Welcome to Our New Team Members at
North Valley Senior Center!

We are thrilled to WELCOME our new staff
members to the North Valley Senior Center!

Please take a moment to say hello or introduce
yourself to our new team:

- Amaris Aultman, our Program Assistant, will be the friendly face you encounter at the front desk. She is eager to learn all the tasks involved in daily interactions with many participants.
- Frank Martinez is our new General Service Worker, dedicated to keeping North Valley beautiful and clean.

Make sure to take the time to get to know our
wonderful new additions!



Monday, September 7
All Senior Affairs centers
will be closed.



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.

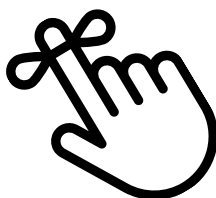
LUNCH RESERVATIONS POLICY

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.”



September Mystery Trip

Join us as our popular
mystery trips return!

Please check out our activity board for the posting of the
September 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 noticed, there is a rendering of the construction near the front entrance. I'm here to answer any questions you might have regarding the addition and the renovation of the front desk area.

- The North Valley Senior Center will remain operational throughout the construction process.
- Please be aware that some noise and dust may occur during the demolition phase.
- Currently, we do not anticipate any disruptions to our programming, with the exception of the Billiards room.

The Billiards room is part of the renovation and will be closed until that section of the project is complete. I will provide monthly updates and display signage as necessary to keep you informed of any changes. Please pay attention to all signs indicating restricted areas, as this is for your safety. 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
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 1:15 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
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 1:15 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
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**

Heads up! Billiards is on a renovation vacation, so cue sticks are resting for now. As for poker, it's a Tuesday-only affair until the dust settles on this project.

General Information

www.cabq.gov/seniors

AARP Driver Safety Course

Friday, September 18th

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, September 6th - The Ray Lucero Band

Sunday, September 13th - No Dance Scheduled

Sunday, September 20th - Sunset Rhythm

Sunday, September 27th - De Luz

Bands/Dances subject to change or cancellation

Monthly Birthdays

🎉 Big birthday
shoutout to all you
fabulous
September-born
party animals! 🎂



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, September 8th

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



GEHM Clinic



Tuesday, September 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!

Teeniors

Friday, September 25th

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

Coffee with Constituents

Center Members are encouraged to visit with Senior Affairs Director during Coffee with Constituents. This is a great opportunity to ask questions as well as a time to share what is important to you.



Thursday, September 24 | 8:30–9:30 a.m.
Los Volcanes Senior Center

DSA Advisory Council Meeting

Monday, September 21 | 12–1 p.m.
North Domingo Baca Multigenerational Center



Fall Prevention Event

Friday, September 18
8:30a.m. - 12:00p.m.

North Domingo Baca Multigenerational Center

**Mobile food pantry for the
community by Roadrunner**

Food Bank @

**Manzano Mesa Multigenerational
Center**

September 18th

October 16th

November 20th

December 18th

Time: 2:00p.m. – 4:30 p.m.



FBI Fraud & Scam Prevention Presentation

Tuesday, September 22

10:30–11:30 a.m.

Barelas Senior Center



**See flyers posted on bulletin board
for more information**

SAVE THE DATE

30 Years!



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!

NEW LOCATION!

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



BlueCross BlueShield
of New Mexico

AND

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