

April 2025

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025



Message from the Manager



Happy Spring! I believe we can all agree that this season is truly delightful. As we look forward to warmer days, let's relish this beautiful time before the intense summer heat arrives.

On the subject of the weather, I want to extend a heartfelt Thank You to Albert Koston for refinishing our front benches, which were in desperate need of an upgrade. They look fantastic and provide a lovely spot to enjoy the sunshine.

As we move through April, please remember that we will be closed on Sunday, April 20th, in observance of the Easter Holiday. Consequently, there will be no dance or other activities that day. We wish everyone a joyful Easter, and just to clarify, we will be open on April 18th for Good Friday.

Julianna Brooks, Center Manager

North Valley
Senior Center
will be **CLOSED** on
Sunday, April 20th
for the Easter
Holiday



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

Micheal 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

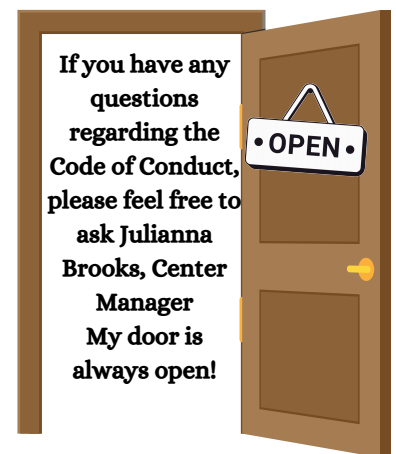
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Department of Senior Affairs Participant Code of Conduct

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

Friday, April 4
at 11:00 a.m.

Sponsored by:

Humana

**HAPPY
BIRTHDAY**

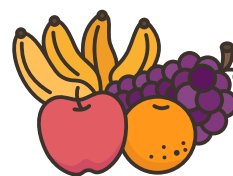


Monthly Sweet/Healthy Social

Tuesday, April 15, 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: 

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)
Yang Tai Chi 9:30 am- 10:30 am
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
Zumba 3:45-4:45 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 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
Watercolor 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

Sunday

Fitness Room 12:30 pm - 4:45 pm
Billiards 12:30 pm - 3:45 pm
Table Tennis 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

AARP Driver Safety Course Class Canceled for April

Next Class: Friday, May 16

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



Senior Citizen Law Office

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

Limited space available.



April 8

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

Sunday Afternoon Dances

Dance to live music

Sundays 1:30 p.m. to 4:00 p.m.

\$3 with current membership!

Sunday, April 6: Chile Beans Express

Sunday, April 13: Paul Pino & Tone Daddies

Sunday, April 20: Center CLOSED for Easter Holiday

Sunday, April 27: La Raza



Bands/Dances subject to change or cancellation

GEHM Clinic

Tue., April 22 &

Wed. April 23

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!



North Valley Flea Market



Tuesdays, 8:00 a.m. - 11:30 a.m.

Tables are \$2.00

Tables are sold on a lottery basis on the last
Tuesday of the Month starting at 9:30am.

You must be present to join in the lottery
with your updated membership card.

Flea Market is subject to change or cancellation

Teeniors Tech Help at North Valley

Need tech help or have questions
about your phone/computer?
Teeniors can help answer those
questions for you!

Friday, May 23,

1:00 p.m. - 3:00 p.m.

***Sign up at the front desk,
space limited***



- APRIL
- ARBOR DAY
- ARIES
- BASEBALL
- BLOSSOMS
- DAFFODIL
- DAISY
- DIAMOND
- EARTH DAY
- EASTER
- FOOL'S DAY
- GARDENING
- GREEN
- KITE
- POETRY
- RAIN
- RENEWAL
- SHOWERS
- SPRING
- SPROUTS
- SUNSHINE
- TAURUS
- TAXES
- THAW
- TULIPS
- UMBRELLA
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

N	R	T	Z	K	F	X	T	I	B	U	G	T	V	T	A	I	C	S
E	K	S	O	Z	M	W	A	J	M	A	I	L	U	N	S	T	A	U
E	E	H	V	T	B	B	U	B	T	K	S	T	N	L	E	X	I	N
R	P	O	E	T	R	Y	R	P	P	Q	I	E	Q	R	I	H	N	S
G	J	W	I	R	J	E	U	N	Y	Z	Q	M	B	Q	R	P	Z	H
K	K	E	R	H	L	B	S	V	S	A	Q	K	O	A	A	K	S	I
I	A	R	I	L	Y	X	Y	C	N	W	R	K	G	O	L	O	S	N
E	W	S	A	V	P	W	A	D	S	W	P	B	A	R	Y	L	X	E
Q	Z	Y	S	I	A	D	D	Z	S	P	P	T	O	Q	F	A	Q	L
Z	J	U	Y	I	P	Y	H	X	N	E	R	C	S	R	Q	F	R	A
D	N	O	M	A	I	D	T	R	M	N	Y	O	A	Y	D	N	I	W
V	Y	U	N	X	R	B	R	Z	E	B	B	I	U	G	K	A	D	E
C	I	S	H	K	N	A	A	R	T	F	N	Y	O	T	G	B	Y	N
C	N	W	G	A	R	D	E	N	I	N	G	Y	U	B	S	W	R	E
U	H	L	P	P	S	T	L	X	K	N	T	B	D	D	U	K	Z	R
Q	W	R	P	E	S	J	E	H	S	H	F	O	O	L	S	D	A	Y
M	I	T	X	A	E	A	O	D	A	F	F	O	D	I	L	Q	U	F
L	R	A	E	O	N	M	J	W	B	Y	F	W	E	K	O	B	C	V
O	T	B	L	O	S	S	O	M	S	P	R	I	N	G	B	Z	M	A

50+ SENIOR TECH CONNECT

SAVE THE DATE! APRIL 11, 2025

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER



Santa Fe National Cemetery Trip

Sign up at the front desk
Space is limited

Please note: To participate on this trip you must have a loved one at the Santa Fe National Cemetery, as well as provide their name, middle name or middle initial & year of passing.



ONE ALBUQUERQUE senior affairs
SANTA BARBARA MARTINEZTOWN
MULTIGENERATIONAL CENTER PRESENTS:

Centenarian Birthday Celebration April 10th, 2025



COME JOIN US FOR A CELEBRATION WITH THE LIVE BAND LA RAZA AND COME DANCE WITH US TO CELEBRATE A CENTURY OF BEING ALIVE!

RSVP WITH THE FRONT DESK AT 505-767-5671

ENTRY: FREE START AT 1:30 PM-3:00 PM

SANTA BARBARA MARTINEZTOWN
MULTIGENERATIONAL CENTER
1825 EDITH BLVD NE 87102
505-767-5671

Breakfast Menu

Served Monday - Friday 8:00am - 9:00am

- Full Breakfast..... 1.50
2 eggs, 2 pieces of bacon or sausage,
hash browns, english muffin, toast or tortilla
- Mini Breakfast..... .75
1 egg, 1 bacon. or sausage, hash browns, english muffin,
toast or tortilla
- Breakfast Burrito.....1.50
- Huevos Rancheros1.50
(Friday only)

A-la Carte

- Egg..... .25
- 2 Pieces of bacon or sausage..... .50
- Cheese..... .25
- Pancake..... .25
- French Toast..... .25
- Egg Muffin Sandwich..... 1.00
- Toast, Tortilla or English Muffin..... .20
- Hash Browns..... .30
- Oatmeal w/milk..... .70
- Cold Cereal w/milk..... .70
- Side of Chile (red or green)..... .25

Drinks

- Orange Juice or Milk..... .25
- Tea or Hot Cocoa..... .30



REMINDER

Meals are to be consumed at the center in the Social Hall.
Meals are not permitted to take out.



LUNCH RESERVATIONS POLICY

*****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.***

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
<p>31</p> <ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>3</p> <ul style="list-style-type: none"> ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>4</p> <ul style="list-style-type: none"> ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz 
<p>7</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>8</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>9</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	<p>10</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>11</p> <ul style="list-style-type: none"> ♦ Breaded Cod 4oz Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 
<p>14</p> <ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>16</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>17</p> <ul style="list-style-type: none"> ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>18</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz 
<p>21</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>22</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ 1% Milk 8oz 	<p>23</p> <ul style="list-style-type: none"> ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>24</p> <ul style="list-style-type: none"> ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	<p>25</p> <ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 
<p>28</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<p>29</p> <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<p>30</p> <ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 