



North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelas neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,
Anna M. Sanchez, Director



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 Ellis Office Assistant

Jason Mercado, Program Assistant

VACANT, Program Assistant

Melinda Sena, Cook

Victoria Hernandez, General Services



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

ONE
ALBUQUE
RQUE



1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

Monthly Birthday Celebration

Friday, December 13

at 11:00 a.m.

Join us as we celebrate those born in the month of December!

Sponsored by:



Monthly Sweet/Healthy Socials

Tuesday, December 17 at 11:00 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)
Pottery 8:00 am - 11:30 am (Class Full)
Yang Tai Chi 9:30 am- 10:30 am
Tarde de Oro Dance Group 9:30 am - 11:00am
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 - 11:00 am
Stained Glass Class 9:00 am - 12:00 pm
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
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)
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

Thursday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Senior Law Office 9:00 am - 11:00 am (3rd Thursday)
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)
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.



Computer Lab available during business hours
Fitness Room Orientation by appointment, please call 505-880-2800.

AARP Driver Safety Course

Friday, December 20

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

Call 505-265-2300 to schedule an appointment. Limited space available.

3rd Thursday of the Month

9:00am - 11:00am

Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, December 1: Dance cancelled due to holiday

Sunday, December 8: Chile Beans Express

Sunday, December 15: Antonio Y Los Unicos

Sunday, December 22: Paul Pino & Tone Daddies

Sunday, December 29: Desert Springs

Bands/Dances subject to change or cancellation



GEHM Clinic

No clinic scheduled, will resume in January 2025

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!



Tuesday, December 17, 2024

12:00 p.m. - 4:00 p.m.



To register, please follow the steps from the link below.

o Enrollment Code: CO31703

o The clinic name in our registration portal is

"North Valley Senior Center 11/17".

<https://patients.vaxcare.com/registration/>

Vaccine's Offered

- FluBlok (Influenza 2024 - 2025)
- Pfizer Comirnaty (COVID-19 2024-2025)
- Prevnar20 (Pneumococcal)
- Shingrix (Zoster/Shingles)
- Tdap (Tetanus, Diphtheria, Pertussis)
- RSV Vaccine



CLOSED FOR Holidays



North Valley Senior Center will be Closed on Wednesday, December 25th for the Christmas Holiday & Wednesday, January 1, 2025 for New Years Day!



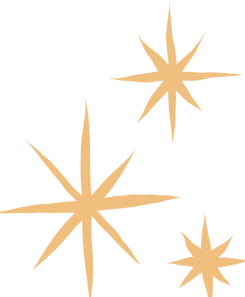
Jingle Bell Bash!



Monday, December 23

10:00 a.m. - 11:30 a.m.

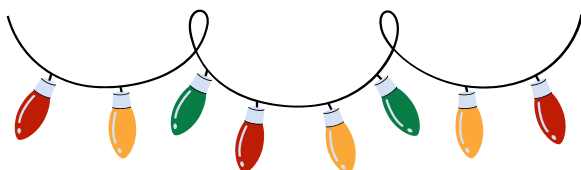
JOIN THE JOLLY FESTIVITIES WITH US AS WE TOAST TO THE HOLIDAY SPIRIT, MUNCH ON TASTY TREATS, AND OF COURSE, SHARE SOME GIGGLES & TAKE PHOTOS WITH THE ONE AND ONLY SANTA CLAUS!



NORTH VALLEY SENIOR CENTER TOWN HALL MEETING

We invite you to join our DSA administration and management team for a discussion on upcoming center renovation projects. This will be an informative session, and we value the input of our center members.

Thursday, December 12th
3:00pm - 4:00pm





ONE ALBUQUE RQUE senior affairs

PLEASE JOIN US FOR A
HOLIDAY LUNCHEON
WEDNESDAY, DECEMBER 25, 2024
HOSTED BY MANZANO MESA
MULTIGENERATIONAL CENTER

Tickets are \$4 per person. Space is limited, please reserve your ticket in person at MMMC beginning Monday, December 2, 2024

TIME: 11 AM - 1 PM
Where: 501 Elizabeth St. SE, 87123
Please call 505-275-8731 to reserve

Center will not be open for regular scheduled activities.



A huge shout-out to the North Valley Senior Center Quilting Group for providing our cherished Veterans with the most beautiful quilts during the Veterans Celebration held in November. This heartfelt gesture was truly special and a fantastic way to honor our Veterans.



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.***



DECEMBER 2024

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>2</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Turkey Tetrzzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Baked Tilapia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Spaghetti /Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 
<p>9</p> <ul style="list-style-type: none"> ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk 	<p>10</p> <ul style="list-style-type: none"> ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/ Calabacitas ♦ Chocolate Pudding ♦ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Pears ♦ 1% milk 
<p>16</p> <ul style="list-style-type: none"> ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk 	<p>18</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Combread ♦ Peaches ♦ 1% milk 
<p>23</p> <ul style="list-style-type: none"> ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk 	<p>25</p> <p style="text-align: center;">CLOSED Happy Holidays</p>	<p>26</p> <ul style="list-style-type: none"> ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 
<p>30</p> <ul style="list-style-type: none"> ♦ Texas Chili ♦ Combread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	<p>1</p> <p style="text-align: center;">CLOSED HAPPY NEW YEAR</p>	<p>2</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk 