

July 2024

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Message from the Manager



It has been a whirlwind six months, and a lot has transpired since the year began. North Valley Senior Center has undergone some minor changes, and we are eager to introduce more programs for all our seniors to relish. Program Coordinator, Micheal Duran, is diligently organizing trips and new activities to cater to the center's requirements. Additionally, we are delighted to welcome Bryanna Ellis as the new Office Assistant at North Valley. Please give her a warm welcome!

Julianna Brooks, Center Manager

HAPPY
4th of July



North Valley Senior Center will be closed on Thursday, July 4, 2024 for Independence Day

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

Priscilla Jaramillo, Program Assistant

Melinda Sena, Cook

Lexie Garcia, Kitchen Aid

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

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Department of Senior Affairs Participant Code of Conduct

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.

July Birthday Celebration

Friday, July 12, 2024

at 11:00 a.m.



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

Sponsored by:

wellcare



Monthly Sweet/Healthy Socials

Tuesday, July 16, 2024 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:



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, Class Full)
Pottery 8:00 am - 11:30 am (Class Full)
Yang Tai Chi 9:30 am- 10:30 am
Photo Club 10:00 am - 11:30 am (1st & 3rd)
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, 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 starts August 7)
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
NEW: Watercolor class: 9:00 am - 12:00 pm (Starts May 2nd)
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, Class Full)
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)
Poker 12:00 pm - 4:00 pm
Table Tennis 12:00 pm - 4:00 pm



Sunday

Fitness Room 12:30 pm - 3:45 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



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, July 19 & August 16

10:00 a.m. - 2:00 p.m.

\$20 for AARP members

\$25 for non-AARP members

Sign up at the front desk beginning in April 2024, space is limited.

Cash or check made payable to AARP



Driver Safety



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, July 7: Antonio Y Los Unicos

Sunday, July 14: Paul Pino & Tone Daddies

Sunday, July 21: Amistad

Sunday, July 28: La Raza



GEHM Clinic

Tuesday, July 23

8:30 am - 12:00 pm



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!

Senior Citizen Law Office

General Legal Clinic

Call 505-761-4025 or visit the front desk to schedule an appointment. Limited space available.



3rd Thursday of the Month

9:00am - 11:00am

Jewelry Making w/ Lynne

Class starts on Wednesday, August 7,

1:00 pm - 3:00 pm

\$10.00 material fee

Do you love jewelry? Join our new Jewelry making class.

Learn the basics, what materials to use and how to properly finish a necklace or pair of earrings

Sign up at the front desk.



4TH OF JULY SOCIAL

JOIN US AS WE CELEBRATE INDEPENDENCE DAY WITH SOME 4TH OF JULY GOODIES!

**WEDNESDAY,
JULY 3**

STARTING AT 10:00 A.M.

SPONSORED BY: Humana

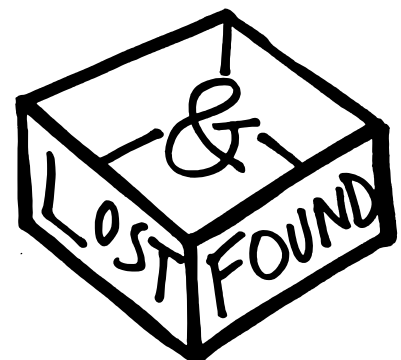


***NORTH VALLEY SENIOR CENTER
FLEA MARKET***

North Valley Flea Market is changing its day from Wednesday to **Tuesday, starting July 2, 2024.**

This change is to bring in more educational, nutritional, and health/wellness programs and to reach new members.

Additionally, the monthly flea market lottery will now take place on the **last Tuesday of the month, starting June 25, 2024 at 9:30 am.**



There are many items in our lost and found box located at the front desk!

Jackets, scarves, hats etc..please check with the front desk if you have lost anything in the last 6 months. All items will be discarded after July 31st



Mystery Trip #4

Thursday, July 18 2024

Check in: 8:00 a.m.



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

Sign up at the front desk, space limited

If you have already participated in a mystery trip, kindly refrain from signing up to give other members a chance to experience it.

July

To Be Announced



Please take a look at our activity board to stay informed!



Department of Senior Affairs Trip Policies

To register for Trips, present your current membership card

1. Return times are approximate and delays sometime occur.
2. Meals are at your own expense. All trip participants should remain with group for the entire trip, and return with the City of Albuquerque /DSA Van.
3. We require a two-week notice for special accommodations.

NOTE: The City of Albuquerque Department of Senior Affairs Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a center-sponsored outing must “sign the Trip Release Form before leaving the center.” If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing, and a refund will not be given.

****Trips are Subject to Change**

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.***

July 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
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk	4 CLOSED	5 ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk
8 ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk	10 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk	11 ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk	12 ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk	16 ♦ Sweet & Sour chicken w/stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie ♦ 1% milk	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk
22 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk	1 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk