

JUNE

2024

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center!

This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,
Anna M. Sanchez, Director



North Valley Senior Center will be closed on Wednesday, June 19 in observance of Juneteenth

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

Office Assistant - VACANT

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.

June Birthday Celebration

Friday, June 14, 2024

at 10:00 a.m.



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

Sponsored by:

wellcare



Monthly Sweet/Healthy Socials

Tuesday, June 18, 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!



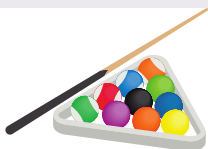
Sponsored by:



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
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Class Full)
Stained Glass Class 9:00 am - 12:00 pm
Guitar Jam Session 9:45 am- 11:45 am
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
Flea Market 8:30 am - 11:30 am
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 resumes July)
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.*

General Information

AARP Driver Safety Course

Friday, June 21 & July 19

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



Santa Barbara Martineztown Multigenerational Center GRAND OPENING!

1825 Edith Blvd NE, Albuquerque,
NM 87102

Tuesday, June 11, 2024 9:30 am - 1:30 pm

Festivities Include:

- Ribbon Cutting
- Live Entertainment
- Refreshments
- Building Tours
- Class Demos
- And Much More!



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, June 2: La Raza

Sunday, June 9: NO DANCE

Sunday, June 16: Paul Pino & Tone Daddies

Sunday, June 23: Antonio Y Los Unicos

Sunday, June 30: Latin Soul



GEHM Clinic



Tuesday, June 25

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

Power of Attorney Clinic

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



3rd Thursday of the Month

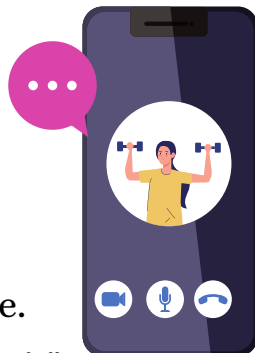
9:00am - 11:00am

Nutrition Education Class

Friday, June 14

9:00 am - 10:00 am

Learn how to use MyfitnessPal, a health, fitness, and calorie tracking app and website.



Sign up at the front desk

Water Color Class w/ Instructor

Bonnie T. Gardner

Thursday, 9:00 am - 12:00 pm



Class is open for all levels to come and learn. Please bring your own visual reference materials for the class.



Materials

- Watercolor paper & Paints/brushes
- Tracing paper
- Pencils

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Special Events

WELCOME TO SUMMER BASH

JOIN US AS WE CELEBRATE THE START OF
SUMMER WITH MUSIC & REFRESHMENTS!

TUESDAY

JUNE 18

1:30 PM - 3:30 PM



**LIVE MUSIC BY MR.
GIL ONE MAN SHOW**



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**.

If you have any questions, please feel free to reach out to center management, Thank you!

Day Trips



Mystery Trip #3

Monday, June 24, 2024

Check in: 8:00 a.m.



Please note: This is an all day/outdoor 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

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

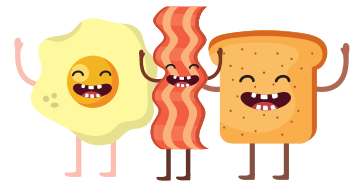
To register for Trips, present your current membership card

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.

**WELCOME BACK HUEVOS RANCHEROS !
(FRIDAY'S ONLY)**



LUNCH RESERVATIONS POLICY

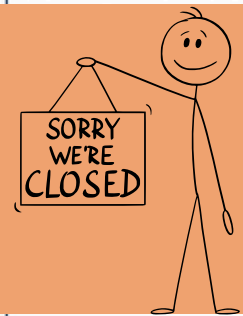
*****Lunch Reservations must be made by 1:00pm one day in advance. If you do not have a reservation you may wait until 12:30pm for any cancellations or no-shows at that time. The reserved lunch can be given away on a first come first serve basis. We cannot guarantee a meal if you have not placed a reservation 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
27 CLOSED 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk
3	4	5	6	7

North Valley Senior Center is Closed this week for Training.



10 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	11 ♦ Salisbury steak w/ mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk 	12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk 	13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 CLOSED 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/ red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk