

# March



# 2025



## North Valley Senior Center

3825 4th Street, NW 87107

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

505-761-4025

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

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 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

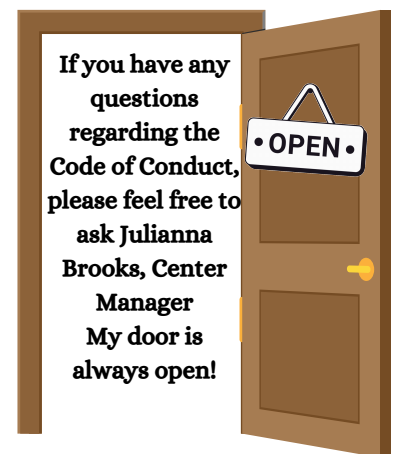
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# Department of Senior Affairs Participant Code of Conduct

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, March 21

at 11:00 a.m.

Sponsored by:

**Humana**

**HAPPY BIRTHDAY**



## Monthly Sweet/Healthy Social

Tuesday, March 18. 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: **BeeHive**  
HOMES  
of Albuquerque

# 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

Friday, March 21

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\***



## Sunday Afternoon Dances

Dance to live music

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

\$3 with current membership!

Sunday, March 2: Brothers Trio

Sunday, March 9: La Raza

Sunday, March 16: De Luz

Sunday, March 23: Latin Soul

Sunday, March 30: Band is TBA

**\*Bands/Dances subject to change or cancellation\***



## Senior Citizen Law Office

General Legal Clinic

Please call 505-761-4025 or

visit the front desk to

schedule an appointment.

Limited space available.



March 11

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

## GEHM Clinic

Tue., March 25 &

Wed. March 26

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 9:30. 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, March 28,

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

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





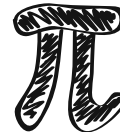
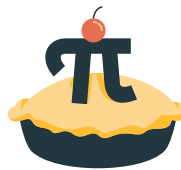
### 3.14 Day: A Slice of Pi-rific Fun!

Friday, March 14  
at 10:30 a.m.

Join the party as we salute the legendary number Pi (3.14) with a side of delicious pie, because what's math without a slice of yum?

**\*while supplies last\***

Sponsored by:  Oak St. Health



### St. Patrick's Day Shenanigans!



Join the fun as we raise a toast to St. Patrick's Day with a classic feast of corned beef and cabbage!

And remember, no green? No luck!


Monday, March 17  
11:30 a.m. - 1:00 p.m.

Please remember to make your reservation by 1:00 p.m. the day prior!

Sponsored by:  Oak St. Health



### Taft Middle School Choir Performance

Get ready to sing along as we proudly present a spectacular choir performance by the talented students of Taft Middle School! A colossal THANK YOU to Taft Middle School for letting us be their stage! 

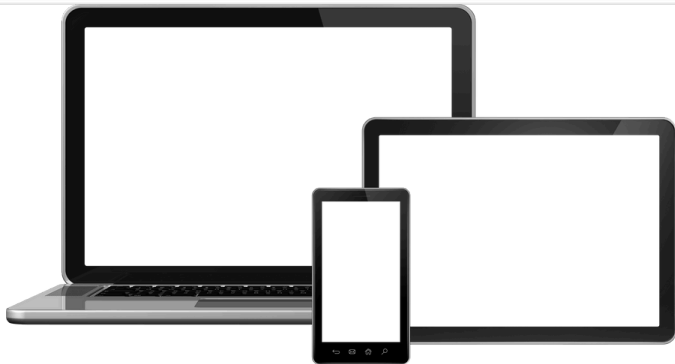
Thursday, March 27 at  
11:30 a.m.



## 50+ SENIOR TECH CONNECT

### SAVE THE DATE! APRIL 11, 2025

NORTH DOMINGO BACA  
MULTIGENERATIONAL CENTER



## Centenarians Celebration

Do you know of any members of the Department of Senior Affairs who have turned 100 years old? If you do, please provide their names so they can be included.

Please Call Matthew Montoya, Program Coordinator, at (505) 767-5671 at the Santa Barbara/Martinez Town Multigenerational Center. A special celebration is scheduled for April, and we would love to invite these remarkable individuals to join the festivities for this milestone birthday party!

## 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.

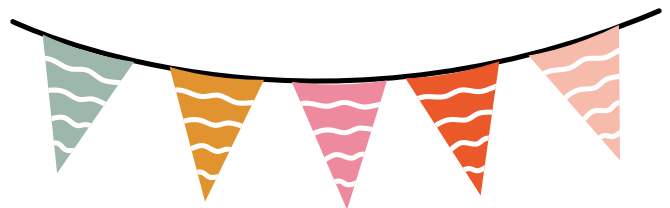
### Free Ride!

*Santa Fe  
National Cemetery*



### Sign Up at Front Desk

April 9, 2025 | May 14, 2025 | June 11, 2025



# 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 Rancheros .....1.50  
(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.***



# MARCH 2025

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><b>3</b></p> <p><b>Salisbury Steak</b> 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p><b>4</b></p> <p><b>Diced Pork</b> 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p><b>5</b></p> <p><b>Green Chile Posole</b> 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz</p> 	<p><b>6</b></p> <p><b>Red Chile Omelet</b> 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz</p> 	<p><b>7</b></p> <p><b>Breaded Cod</b> 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz</p> 
<p><b>10</b></p> <p><b>Beef Tips w/Gravy</b> 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz</p> 	<p><b>11</b></p> <p><b>Chicken Tamales</b> 4oz Mushrooms 4oz Pinto Beans, Spinach &amp; Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p><b>12</b></p> <p><b>Baked Ham</b> 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz</p> 	<p><b>13</b></p> <p><b>Cheese Lasagna</b> 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p><b>14</b></p> <p><b>Lemon Pepper Salmon</b> 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz</p> 
<p><b>17</b></p> <p><b>Corned Beef</b> 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz</p> 	<p><b>18</b></p> <p><b>Baked Chicken</b> 3oz Sweet Potato Mash 4oz Sautéed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p><b>19</b></p> <p><b>Diced Pork</b> 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz</p> 	<p><b>20</b></p> <p><b>Spaghetti</b> 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p><b>21</b></p> <p><b>Breaded Cod</b> 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz</p> 
<p><b>24</b></p> <p><b>Chicken Posole</b> 4oz Mushrooms 4oz Sautéed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p><b>25</b></p> <p><b>Salisbury Steak</b> 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p><b>26</b></p> <p><b>Turkey Tetrazzini</b> 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p><b>27</b></p> <p><b>Macaroni &amp; Broccoli</b> 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz</p> 	<p><b>28</b></p> <p><b>Lemon Baked Tilapia</b> 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz</p> 

