

# November



# 2024

## North Valley Senior Center

3825 4th Street, NW 87107

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

505-761-4025

**North Valley Senior Center  
will be hosting this year's  
annual Thanksgiving  
Luncheon on Thursday,  
November 28th  
Serving at 11:30 a.m.  
Cost: \$4.00**

**Purchase ticket at the Front Desk  
starting November 1st**



**Holiday Closures this Month**  
**Monday, November 11th for Veterans Day**  
**\*See Schedule for Thanksgiving Day,  
November 28th. (Page 5)**  
**Friday, November 29th**  
**8:00am - 5:00pm for Thanksgiving.**

### 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

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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.

## Monthly Birthday Celebration

**Friday, November 8  
at 11:00 a.m.**

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

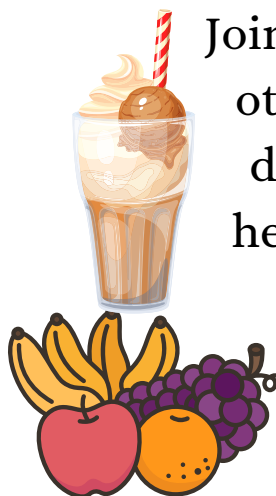
**Sponsored by:**



## Monthly Sweet/Healthy Socials

**Tuesday, November 19 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:** The logo for BeeHive Homes of Albuquerque, featuring the word "BeeHive" in a large, stylized font with a bee icon, and "HOMES of Albuquerque" in a smaller font below it.

# 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  
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, 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



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, Nov. 15

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



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

## Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, November 3: Chile Beans Express

Sunday, November 10: The Ray Lucero Band

Sunday, November 17: La Raza

Sunday, November 24: Paul Pino & Tone Daddies

\*Bands subject to change\*



GEHM Clinic

Tuesday, November 26

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!

## “Your Money Matters”

Bernalillo County Treasurer

Nancy M. Bearce and her office will be here at North Valley answering your property tax questions.

Tuesday, November 12

9:30 a.m. - 12:00 p.m.



ColoVAX

# VACCINE CLINIC

Mon, November 4th 9am-1pm

Stay Protected with CDC/ACIP Recommended Vaccines

What We Offer:

- FluBlok (Influenza 2024-2025)
- Pfizer Comirnaty (COVID-19 2024-2025)
- Prevnar20 (Pneumococcal)
- Shingrix (Zoster/Shingles)
- Tdap (Tetanus, Diphtheria, Pertussis)
- RSV Vaccine
- We accept most private insurance plans, Medicaid, and Medicare.

To register scan here  
Code - CO31703

Or visit -  
<https://patients.vaxcare.com/registration/>  
Code - CO31703

North Valley Senior Center  
3825 4th St NW, Albuquerque,  
NM 87107

## Veterans Day Celebration

Join us as we celebrate and honor our Veterans with refreshments and special gifts to our Veterans!

**Thursday, November 7**

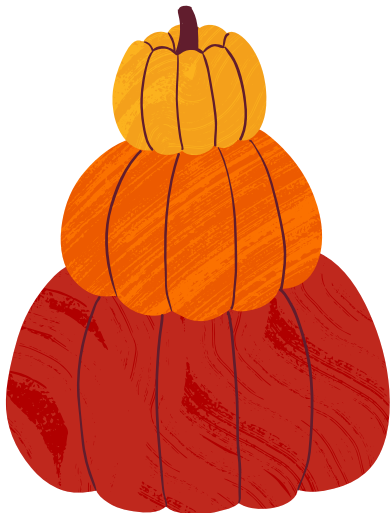
**10:00 a.m. - 11:30 a.m.**



*Veterans Day*



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will be hosting this year's  
annual Thanksgiving  
Luncheon on Thursday,  
November 28th**

**Serving at 11:30 a.m.**

**Cost: \$4.00**

**Purchase at the Front Desk**



**Tickets go on sale Friday,  
November 1st.  
You Must have a ticket.  
Tickets are not refundable  
\*Center will not be open for  
Activities. Doors open at 11:00 a.m.**

# Ageless Artisan

## Craft Fair



ONE  
ALBUQUE senior affairs  
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NOVEMBER  
SATURDAY 16 9 AM-1 PM

Manzano Mesa Multigenerational Center  
501 Elizabeth St. SE, 87123  
505-275-8731

**Just in Time for the Holidays!**

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

**Want to sell your works at the fair?**

ARTISAN AND CRAFTER APPLICATIONS ARE AVAILABLE AT THE FRONT DESK.

APPLICATION SUBMISSION DEADLINE IS OCTOBER 18, 2024

# 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.***



# NOVEMBER 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>28</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Corn</li> <li>◆ Tortilla</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>◆ Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>◆ Sweet Potato</li> <li>◆ Green Beans</li> <li>◆ Apple Slices w/ Peanut Butter Cup</li> <li>◆ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)</li> <li>◆ Mashed Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hash Browns</li> <li>◆ 5 Way Vegetable Blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>◆ Pot Roast (Potatoes, Celery, Carrots)</li> <li>◆ Italian Blend</li> <li>◆ Ancient Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 
<p>4</p> <ul style="list-style-type: none"> <li>◆ Pork Loin w/ Gravy</li> <li>◆ Rice Pilaf</li> <li>◆ Corn</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Diced Pears</li> <li>◆ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Italian Blend Vegetables</li> <li>◆ Tater Tots w/ Ketchup</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>◆ Chicken Fajita w/ Fajita Blend</li> <li>◆ Diced Potatoes</li> <li>◆ Pinto Beans</li> <li>◆ Red Apple</li> <li>◆ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>◆ Broccoli Mac &amp; Cheese</li> <li>◆ Normandy Blend</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>◆ Steak Fingers w/ White Gravy</li> <li>◆ Red Potatoes</li> <li>◆ Succotash</li> <li>◆ Sugar Cookie</li> <li>◆ 1% milk</li> </ul> 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> <li>◆ Ham w/ Pineapple Glaze</li> <li>◆ Biscuit w/ Margarine</li> <li>◆ Sweet Potatoes</li> <li>◆ Mixed Fruit</li> <li>◆ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Meatball Sub Sandwich w/ Mozzarella</li> <li>◆ Diced Potatoes w/ Ketchup</li> <li>◆ Normandy Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hashbrowns</li> <li>◆ Stewed Tomatoes</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>◆ Green Chile Chicken Enchiladas</li> <li>◆ Pinto Beans</li> <li>◆ Spanish Rice</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 
<p>18</p> <ul style="list-style-type: none"> <li>◆ Cajun Salmon</li> <li>◆ Fettuccine Alfredo</li> <li>◆ Steamed Carrots</li> <li>◆ Granny Smith Apple</li> <li>◆ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ Beef w/ Peppers &amp; Onions</li> <li>◆ Black Beans</li> <li>◆ Imperial Blend</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Elbow Macaroni</li> <li>◆ Roasted Carrots</li> <li>◆ Sliced Beets</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>◆ Pasta Primavera w/ Alfredo Sauce</li> <li>◆ Northwest Blend</li> <li>◆ Breadstick</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>◆ Breaded Cod Fish w/ Tarter Sauce</li> <li>◆ Steamed Red Potatoes</li> <li>◆ Peas</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
<p>25</p> <ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Rosemary Potatoes</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada w/ Red Chile</li> <li>◆ Flour Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Spanish Rice</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>◆ Herb Roasted Turkey w/ Gravy</li> <li>◆ Stuffing w/ Gravy</li> <li>◆ Green Bean Casserole</li> <li>◆ Dinner Roll</li> <li>◆ Pumpkin Cake</li> <li>◆ 1% milk</li> </ul> 	<p>28</p> <p>29</p>  <p>Happy Thanksgiving</p>	