

October



North Valley Senior Center

3825 4th Street, NW 87107

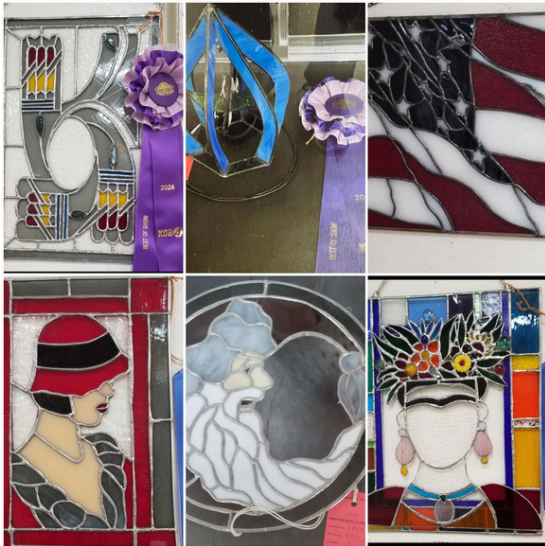
www.cabq.gov/seniors

505-761-4025



2024

Congratulations to the seniors at North Valley Senior Center! They have earned 18 ribbons across different categories in stained glass this year at the New Mexico State Fair.



A special thank you goes to our instructor, Terry Bixter, for her invaluable support over the past nine years. The Center provides our seniors with the chance to develop their skills and craft beautiful artisan pieces.



North Valley Senior is CLOSED on Monday, October 14th in honor of



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

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, October 11, 2024

at 11:00 a.m.

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

Sponsored by:



Monthly Sweet/Healthy Socials

Tuesday, Oct. 15, 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, 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 - 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, Oct. 18 & 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



Driver Safety

BE BRAVE with HEART: A Fall Recovery Class

Tuesday, October 15

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

at North Valley

A dynamic 60-90 minute session of discussion on preventing falls, what to do if you have fallen and how to get up.



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, October 6: Paul Pino & Tone Daddies

Sunday, October 13: Milagro

Sunday, October 20: Chile Beans Express

Sunday, October 27: NO DANCE



Bands subject to change

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

GEHM Clinic

Tuesday, October 22

8:30 am - 12:00 pm

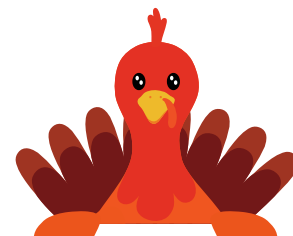
Partnering with University of New Mexico Nursing and Dental Students for a health checkup! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!



DSA Annual Thanksgiving Luncheon

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

Tickets go on sale Friday, November 1st. Tickets are limited and will be \$4.00 per person.



Ghouls & Gals Spooktacular Bash! 🎃👻

Join the fright fest as we conjure up some Halloween magic with killer tunes and ghoulish goodies!

Tuesday, October 29
1:30 p.m. – 3:30 p.m.

Costumes are optional



**Music: TBA,
please check
back with us!**

Sponsored By: 



46TH ANNUAL NEW MEXICO CONFERENCE ON AGING

OCTOBER 28, 2024 | ALBUQUERQUE

**A full day of programming
featuring:**

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance, health, caregiver, long-term care, and other resources
- Meals and social dance
- Exhibits and networking
- Accessible venue, ASL interpreters



Registration now open!

Visit AginginNM.org for more information and to register



Energy Smart Seniors

Friday, October 18,

8:30 a.m. - 10:30 a.m.

Energy educators will be here at North Valley giving out energy efficient devices.

The kits include,

- LED night light
- Showerhead
- Kitchen Aerator
- Advanced Power Strip
- Weatherstripping
- Pipe insulation
- Outlet gaskets



National
Energy
Foundation



Mystery Trip #6 Thursday, Oct. 17 at 8:00 a.m.



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

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

Sign up at the front desk beginning October 1, space limited

November/December

Please check out our activity board for any upcoming trips in November & December.



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.***

OCTOBER 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>30</p> <ul style="list-style-type: none"> ♦ Chicken Fajitas w/ Salsa ♦ Flour Tortilla ♦ Ranch Beans ♦ Hot Sliced Apples ♦ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ♦ Beef Stroganoff & Elbow Pasta ♦ Cauliflower w/ Red Peppers ♦ Bread Stick ♦ Chocolate Pudding ♦ 1% milk 	<p>2</p> <ul style="list-style-type: none"> ♦ Ham Omelet w/ Fajita Blend ♦ Stewed Tomatoes ♦ Tater Tots ♦ Orange ♦ 1% milk  	<p>3</p> <ul style="list-style-type: none"> ♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ♦ Corn ♦ Malibu Blend ♦ Mixed Fruit Cup ♦ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Tilapia ♦ Rice Pilaf ♦ Calabacitas ♦ Chocolate Chip Cookie ♦ 1% milk 
<p>7</p> <ul style="list-style-type: none"> ♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ♦ Corn Bread ♦ Blueberry Crisp ♦ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Teriyaki Pork w/ Brown Rice ♦ Stir Fry Blend Vegetables ♦ Pineapple Upside Down Cake ♦ 1% milk 	<p>9</p> <ul style="list-style-type: none"> ♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6Onions ♦ Fritos ♦ Normandy Blend ♦ Peaches ♦ 1% milk 	<p>10</p> <ul style="list-style-type: none"> ♦ Linguini w/ Diced Tomato Sauce ♦ Diced Potatoes ♦ Steamed Broccoli ♦ Vanilla Pudding ♦ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Chicken & Rice Soup ♦ Spinach ♦ Crackers ♦ Cherry Cobbler ♦ 1% milk 
<p>14</p> <p>INDIGENOUS PEOPLES' DAY</p> 	<p>15</p> <ul style="list-style-type: none"> ♦ Open Faced Turkey Sandwich w/ Gravy ♦ Yams ♦ Green Beans ♦ Wheat Bread ♦ Orange ♦ 1% milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Gravy ♦ Brown Rice ♦ Peas ♦ Jell-O ♦ Diner Roll w/ Margarine ♦ 1% milk 	<p>National Pasta Day 17</p> <ul style="list-style-type: none"> ♦ Spaghetti Marinara w/ Squash ♦ Breadstick ♦ Malibu Blend ♦ Peaches ♦ 1% milk 	<p>18</p> <ul style="list-style-type: none"> ♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans ♦ Flour Tortilla ♦ Pinto Beans ♦ Sliced Cinnamon Apples ♦ 1% milk 
<p>21</p> <ul style="list-style-type: none"> ♦ Beef Tips over Pasta w/ Gravy Rotini Noodles ♦ Brussel Sprouts ♦ Peach Cobbler ♦ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Chicken Pot Pie 5 Way Pie w/ Biscuit ♦ Diced Beets ♦ Ancient Grain ♦ Yogurt ♦ 1% milk 	<p>23</p> <ul style="list-style-type: none"> ♦ Salmon w/ Garlic Butter ♦ Rice Pilaf ♦ Cauliflower ♦ Orange ♦ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon ♦ Corn ♦ Baked Beans ♦ Apple Slices ♦ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Green Chile Ham Mac & Cheese ♦ Cornbread ♦ Normandy Blend ♦ Pineapple ♦ 1% milk 
<p>28</p> <ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Breaded Chicken Patty w/ Green Chile & White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Apple Slices w/ Peanut Butter Cup ♦ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk  	<p>1</p> <ul style="list-style-type: none"> ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 1% milk 