

September 2024

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025



Hello Friends!



As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigen center during lunch, or online at cabq.gov/seniors/about-senior-affairs.

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director



**North Valley Senior Center is
Closed Monday,
September 2nd for Labor 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

VACANT, Program Assistant

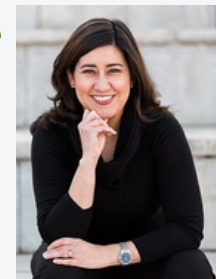
Melinda Sena, Cook

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
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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, September 13, 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, Sept. 17, 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 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, 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 - 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, Sept. 20 & Oct. 18

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



Veterans Wall Photos

North Valley will be hosting a session for members, who are Veterans to have their photo taken and be placed on our wall of honor.

Wednesday, September 18

9:00 a.m. - 1:00 p.m.



Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, September 1: **NO DANCE**

Sunday, September 8: **NO DANCE**

Sunday, September 15: Enchanted 4

Sunday, September 22: Desert Springs

Sunday, September 29: Antonio Y Los Unicos

Bands subject to change



GEHM Clinic

Tuesday, September 24

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

Community Composting Info Tabling at North Valley

Stop by the table to learn about composting. Find out what the City is doing around composting. Learn what you can do. Discover how composting works and how it supports soil and plant health.

11:30 a.m. - 1:00 p.m.

Tuesday, September 3

Thursday, September 5, 12, 19



IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC, DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER | 9 am - 3 pm
2024

714 Seventh St SW 87102



End of Summer Bash

Join us as we bid farewell to Summer with a bang at our End of Summer Bash featuring great tunes and tasty treats!

Tuesday, September 24

1:30 p.m. – 3:30 p.m.

Live Music by:



**Mr. Gill
One**

Man Show



Sponsored By:



Introduction to Community Composting Workshop at North Valley

**Thursday, September 26
10:30 a.m. – 12:00 p.m.**

Learn more about composting in the desert. Find out what community composting can be and get your hands dirty with this hybrid classroom and outdoor hands-on workshop. Whether you want to compost at home or at the North Valley Senior Center, or you are just curious, this workshop will provide a good foundation.

Please be prepared to be outside!



Powerful Tools for Caregivers at North Valley

**Tuesday, September 17, 24,
October 1, 8, 15, 22
11:00 a.m. – 12:30 p.m.**

Caring for a family member or friend with a serious condition can be physically, emotionally, and financially draining. This FREE 6-week class provides tools to reduce stress, deal with difficult emotions, locate helpful resources and live a more balanced life, so everyone benefits.

Participants receive a free copy of “The Caregiver Helpbook”. Limited to 15 participants, so register soon! Call (505) 584-7862 or email dana@familycaregivernm.org.





Mystery Trip #6 TBA



**No trip schedule for September.
Please check back for October.**

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 beginning August 1, 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.

ABQ Greek Festival Trip

Friday, October 4, 2024,

Join us as we visit the annual ABQ Grecian Festival! Taste authentic Greek cuisine, eye-catching dancers, or shop for imported jewelry, gifts, foods & pastries!

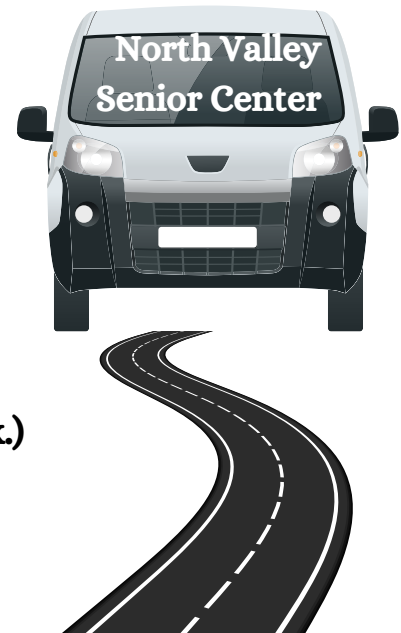
Sign up begins Friday, September 20 at 9:00 a.m., space is limited

“Lunch and any other expenses are on your own expense*”

Check in: 10:45 a.m.

Depart: 11:00 a.m.

Return: 2:00 p.m. (Approx.)



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.***

September 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>2</p> <p></p>	<p>3</p> <ul style="list-style-type: none"> ◆ Cod Fish over Brown Rice w/ Tarter Sauce ◆ Rosemary Potatoes ◆ Brussel Sprouts ◆ Chocolate Pudding ◆ 1% milk  	<p>4</p> <ul style="list-style-type: none"> ◆ Beef Tips in Brown Gravy over Bowtie Pasta ◆ Steamed Broccoli ◆ Roasted Carrots ◆ Pineapple ◆ 1% milk  	<p>5</p> <ul style="list-style-type: none"> ◆ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ◆ Cauliflower ◆ Cornbread ◆ Grapes ◆ 1% milk  	<p>6</p> <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Ranch Beans ◆ Spinach w/ Onions ◆ Whole Grain Dinner Roll w/ Margarine ◆ Peach Cups ◆ 1% milk 
<p>9</p> <ul style="list-style-type: none"> ◆ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ◆ Green Beans w/ Mushrooms ◆ Brown Rice ◆ Mandarin Oranges ◆ Fortune Cookie ◆ 1% milk  	<p>10</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Parsley Potatoes ◆ Green Peas ◆ Banana ◆ Cornbread ◆ 1% milk  	<p>11</p> <ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Grapes ◆ 1% milk  	<p>12</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ◆ Spinach ◆ Garlic Breadstick ◆ Blueberries ◆ Greek Yogurt ◆ 1% milk  	<p>13</p> <ul style="list-style-type: none"> ◆ Roast Beef w/ Brown Gravy ◆ Sliced Carrots ◆ Mashed Potatoes ◆ Whole Grain Dinner Roll w/ Margarine ◆ Applesauce ◆ 1% milk 
<p>16</p> <ul style="list-style-type: none"> ◆ Meatloaf w/ Gravy ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Whole Grain Dinner Roll w/ Margarine ◆ Mandarin Oranges ◆ 1% milk  	<p>17</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken over Brown Rice ◆ Sliced Beets ◆ Green Beans w/ Mushrooms ◆ Banana ◆ 1% milk  	<p>18</p> <ul style="list-style-type: none"> ◆ Chili Bowl: Beef, Beans & Red Chile ◆ Succotash ◆ Cornbread ◆ Fresh Grapes ◆ 1% milk  	<p>19</p> <ul style="list-style-type: none"> ◆ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ◆ Stewed tomatoes ◆ Hash Browns ◆ Flower Tortilla ◆ Peaches ◆ 1% milk  	<p>20</p> <ul style="list-style-type: none"> ◆ Herb Pork Loin w/Gravy over Ancient Grain Blend ◆ Cauliflower ◆ Sautéed Zucchini ◆ Applesauce ◆ 1% milk 
<p>23</p> <ul style="list-style-type: none"> ◆ Baked Chicken & Rice Pilaf ◆ Corn & Red Peppers ◆ Broccoli ◆ Yogurt ◆ 1% milk  	<p>24</p> <ul style="list-style-type: none"> ◆ Salmon w/ Lemon Butter Sauce ◆ Roasted Rosemary Potatoes ◆ Italian Vegetable Blend ◆ Whole Grain Dinner Roll w/ Margarine ◆ Pear Cups ◆ 1% milk  	<p>25</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Pork w/ Stir Fry Vegetables ◆ Steamed Cabbage ◆ Warm Sliced Apples ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% milk  	<p>26</p> <ul style="list-style-type: none"> ◆ Enchiladas: Cheese, Green Chile, & Corn Tortillas ◆ Pinto Beans ◆ Calabacitas ◆ Sugar Cookie ◆ 1% milk  	<p>27</p> <ul style="list-style-type: none"> ◆ Turkey Tetrizzini: Turkey, Spaghetti, & Green Peas ◆ Italian Vegetable Blend ◆ Breadstick ◆ Cherry Cobbler ◆ 1% milk 