



Timothy M. Keller,
Mayor

Los Volcanes West Side Rumor



Anna M. Sanchez,
Director

Become a Los Volcanes Volunteer

Are you interested in becoming a volunteer for Los Volcanes?

We are looking for drivers, for trips & aquatics (A.M/P.M).

If you are interested, please reach out to our
program coordinator about becoming a

Los Volcanes volunteer!

**Volunteers
needed!**

REMINDER

Please remember to visit the front desk to
check in for your class

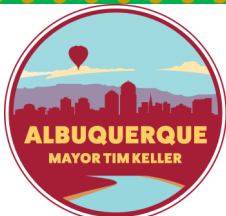
Thank you!

The back & side doors will be closed on

Thursday evenings at 5pm

**PLEASE USE THE MAIN ENTRANCE
DOORS.**

Thank you for your cooperation!



Mission Statement:

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



Code of Conduct

A. In order that all users may have a pleasant experience at a center, participants are expected to respect the rights of others, use the center for the purposes of the center only, and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Use voice and behavior that will not disturb other participants.
3. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive.
4. Show courtesy to other participants and staff; respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution.
5. Show consideration for the diversity of staff and fellow participants.
6. Treat the center materials, equipment, furniture, grounds, and facility with respect.
7. Use the center and center equipment in a safe and appropriate manner.
8. Keep the building and grounds neat, clean, and litter free.

B. All participants need to be able to:

1. Function without one-on-one assistance (staff); or have the help of a caregiver.
2. Walk safely and independently in the Center or use assistive devices independently.

DSA Advisory Council Meetings

2020 Schedule Meeting

- ♦ **March 16, 2020 - Highland Senior Center** (131 Monroe NE)
- ♦ **May 18, 2020 - Manzano Mesa Multigenerational Center** (301 Elizabeth SE)
- ♦ **June 15, 2020 - Barelás Senior Center** (714 7th St SW)
- ♦ **July 20, 2020 - Los Volcanes Senior Center** (6500 Los Volcanes NW)

The Advisory Council Shall:

- ♦ **Promote** awareness & education on senior issues, increasing community involvement & commitment to seniors
- ♦ **Advocates** on behalf of seniors, insuring the senior population is represented & the policies support the mission of the Department of Senior Affairs
- ♦ **Supports** the program development by acting as the ears & eyes of the Department, assessing need of seniors, become knowledgeable of available services in the community, assessing & giving recommendations on program development & delivery of services & supporting the funding development activities
- ♦ **Supports** the development of strategic alliances, identifying & encouraging essential partnerships between City of Albuquerque Department of Senior Affairs other entities

Apply for the Department of Senior Affairs Advisory Council

If you are interested in applying to serve on the council, please visit www.cabq.gov/clerk/boards-commissions, scroll down to Senior Affairs Advisory Board & click on SAAC Membership.

For more information call 764-6469.



*Connect
With Us*

ON SOCIAL MEDIA



Instagram & Facebook
@cabqseniors



Wednesday, March 25

1:30pm - 3:30pm

**SIP &
PAINT**

Join us for a painting party as we have a group painting lesson accompanied by different delicious virgin beverages. A friendly instructor will lead you step by step through designated painting. All skill levels are welcome to come sip & paint!

Internet Essentials Program

Did you know that home internet access, and more importantly access to the rest of the world, is more affordable than you think? Comcast's Internet Essentials program was designed to help low-income households afford the internet and the tools needed to use it. This means scheduling a doctor's appointment, paying your bills and even grocery shopping can be done from your home. The program also provides customers with an option to purchase discounted computers. And, thanks to a recent expansion, the program has increased eligibility to include households with disabilities and seniors. If you or someone you know is interested in this program, please visit: <https://internetessentials.com>.



Hours of Operation

Monday - Friday 9:00am - 1:00pm

Gift Shop



RSVP

Lead with Experience

The City of Albuquerque, Department of Senior Affairs Retired and Senior Volunteer Program (RSVP) is recruiting volunteers 55 years of age and older for the following opportunities. **For more information call 505-767-5225**

Road Runner Food Bank-Healthy Food Center (HFC): HFC is a medical referral food pantry. People experiencing both food insecurity and a nutrition related chronic condition are screened and referred to HFC. Clients are then able to visit the pantry once a week to select fresh fruits, vegetables, dairy, protein and other healthy items. Volunteers are needed Monday thru Saturday for various positions including Front Desk, Checkout, and Stocking. Shift hours vary. Please call 505-767-5225 for more information.

Silver Horizons-Silver helping Seniors: Every month, Silver Horizons partners with the City of Albuquerque to provide free groceries to over 3,500 seniors, and to about 1,200 grandchildren many of these seniors are raising. Together, we are making a big, positive difference in the lives of so many of our elderly. But we can't help these struggling seniors without volunteers. Opportunities to help include volunteering in Silver Horizons' food warehouse, distributing food and helping seniors shop at food markets, and joining our volunteer staff at Silver Horizons' thrift store. Please call 767-5225 to learn more.

Storehouse New Mexico: Support New Mexico's largest food pantry. Storehouse provides FREE food to people who are struggling. Customers select their own food once a calendar month. Storehouse is a private pantry, not a government agency. Changes in food supply/donations result in changes in food service. Volunteer opportunities include sorting and repackaging food, helping and directing clients during food distribution. Volunteer hours include Wednesday through Friday from 8am-4pm and Saturday's from 8am-1pm. Please call 505-767-5225 for more information

OASIS - Intergenerational Tutoring Volunteer: In partnership with school districts, Oasis volunteer tutors are paired with children in grades K-3 who teachers feel would benefit from a caring, one-on-one mentoring relationship. You can change a life by providing the individual attention that helps children build confidence and experience success. The commitment is for one hour, one day a week for the school year. Oasis will train all reading mentors/tutors, process the required background check, and then coordinate your placement in an elementary school. Please call 505-767-5225 for more information.

- Be part of the largest volunteer network for people 55 and older
- Apply your skills to make a difference in the community
- Volunteers who serve, frequently live longer and report better health
- Volunteering can also lead to more friendships and a positive attitude

Los Volcanes Fitness Center: Looking for a volunteer to serve on Saturdays between the hours of 8am to 4pm for 2 to 4 hours based on need. Duties would include: Scanning members as they enter the facility to workout, help answering member questions, giving a tour of the facility to interested members and answering phones. Additional assistance may be required by staff when busy and things arise. For more information, call 505-767-5255.

Mealsite Volunteers: Volunteers are needed to serve at various mealsites providing clerical support for the meal site coordinator, in the kitchen during meal times, calling bingo, assisting as a driver or leading activities. For more information, call 505-767-5225.

Help where it's needed most! Benefits for RSVP members include excess accidental and liability insurance and limited mileage reimbursement.

TRIPS @ Los Volcanes For MARCH

Trips

10 participants per van. Need 6 participants for 2nd van to go on any trip. Must sign up. PLEASE have current membership card at time of sign up

All meals at your own expense. Trips, classes, and memberships will be available for sign-ups during the hours of: 9:00-11:00 am & 1:00-2:30 pm

WAITLIST PROTOCOL

- **DSA staff WILL NOT leave a voicemail if you do not answer, but will call the next name on the waitlist.**

ATTENTION:

All members are **required to cancel** their reservations
minimum of 24 hours in advance of the trip.

If not, the member will be considered a **“No Show”** and in the result of **3 “No Shows,”**
a member will not be able to reserve a seat on a trip for the current season.

Thank you for your cooperation!

Las Vegas Montezuma Castle - Tuesday, March 10: Join us on a guided tour with SW detours to the historic Montezuma Castle in Las Vegas, NM. We will also visit other historic sites around the district. The guided SW detours cost \$20 per person (cash only). Lunch will be at the 1850 hotel in Las Vegas, NM. **Any entry fees & lunch will be on your own expense. Check in: 8:00am - Return: 5:30pm (approximate).**

Meow Wolf - Monday, March 23: The Meow Wolf art complex stands as a beacon of creativity & community in Santa Fe’s emerging midtown innovation district, welcoming many tourists & locals. Meow Wolf is a combination of a jungle gym, haunted house, children's museum & immersive art exhibit. Entry fee is \$15 for seniors 60+ with state issued ID. Lunch will be at Tortilla Flats. **Any entry fees & lunch will be on your own expense. Check in: 9:00am - Return: 4:30pm (approximate)**

MONDAY

Billiards: 8:00am - 4:45pm

Crocheting: 1:00pm - 4:00pm

Rummikub: 12:00pm - 3:00pm

Woodcarving (Pwr): 12:00pm - 4:00pm



Thursday

Billiards: 8:00am - 6:45pm

Mah Jongg: 12:30pm - 4:30pm

Pinochle: 12:30pm - 6:00pm

Plastic Canvas: 1:00pm - 4:00pm

Porcelain Dolls: 9:00am - 11:00am

Pottery (Lab): 12:30pm - 4:30pm

Sketching: 9:00am - 11:00am

Spite or Malice: 1:00pm - 3:00pm

Watercoloring: 9:00am - 10:30am

Tuesday

Billiards: 8:00am - 4:45pm

Bible Study: 9:30am - 11:00am

Euchre: 12:30pm - 4:30pm

Mexican Train: 12:45pm - 4:00pm

Painting: 9:00am - 11:00am

Poker: 12:00pm - 4:30pm

Swedish Weaving: 11:30am - 2:30pm

Tin Class: 12:30pm - 4:30pm

Woodcarving: 8:30am - 10:30am

Wednesday

Billiards: 8:00am - 4:45pm

Crocheting: 9:00am - 12:00pm

Fishing Club Meeting: 9:00am - 10:00am

Pinochle: 12:30pm - 4:00pm

Poker: 12:30pm - 4:30pm

Pottery (Intermediate): 9:00am - 12:00pm

FRIDAY

Billiards: 8:00am - 4:45pm

Bingo: 1:15pm - 4:00pm

Ceramics: 8:00am - 12:00pm

Flower Arranging & Crafts: 10:00am - 12:00pm

Flea Market: 8:30am - 11:30am

Guitar Group: 9:00am - 10:30am

Party Bridge: 12:30pm - 3:30pm

Poker: 12:30pm - 4:30pm

Saturday

Billiards: 9:00am - 12:45pm



Daily

Schedule



Information & Events for Seniors

Thursday Afternoon Dances

1:30 - 4:15 pm

Tickets on sale starting @ 1:00 pm

\$3 per person; Doors open 1:25 pm

Last Thursday of the month is **pay at door**

Thursday, March 5th: La Raza

Thursday, March 12th: Paul Pino & The Tone Daddies

Thursday, March 19th: Tino's Band

Thursday, March 26th: El Gato Negro (Last Thursday)



AARP Defensive Driving

(Room 2)

9:00am - 1:15pm

March 2nd

(1st Open Monday)

AARP members: \$15, Non-Members: \$20



SENIOR LAW OFFICE (Room 1)

10:00am - 12:00pm

March 26th (4th Thursday)

free legal services for seniors

Call **505-265-2300** to make an appointment

Ice Cream Social

March 4th (1st Wednesday)

75¢, 10:30am - 11:30am



Pie Social

March 20th (3rd Friday)

75¢, 10:30am - 11:30am

PROBLEM SOLVING WITH THE MANAGER

March 25th (Last Wednesday)

10:00am - 11:00am

Have questions for our center manager?

Here is your chance to get them answered!

Birthday Party Celebration

(March)

March 6th (1st Friday)

10:30am - 11:30am

Celebrating February birthdays!

Silver Horizons Food Pantry

WEDNESDAY, MARCH 18TH

Rooms 2 & 4 will be waiting rooms at 1:00pm, & numbers distributed at 1:30pm

Pantry is from **2:30pm - 4:00pm**



Sports/Fitness & Health @ Los Volcanes

Adapted Aquatics

Registration will now be done in lottery form. Must have current DSA Membership, must complete 50+ Adapted Aquatics Monthly Lottery Form between the 10th & 15th of **each month**. Forms will be available at Senior Centers, Fitness Centers, & Multigenerational Centers. If selected, you will be notified the 25th of the month.

Monday, Wednesday & Fridays

Check in: 8:00am

Monday & Fridays

Check in: 12:15pm

Pickleball (Social Hall)

Mondays: 9:30am - 11am &
1:30pm - 3:30pm

Tuesdays: 9:30am - 11am &
1:30pm - 3:30pm



Tai Chi (Room 2)

Every Wednesday

12:15pm - 1:15pm



Line Dancing (Social Hall)

Every Thursday

Beginning: 9:00am - 10:00am

Intermediate: 10:10am - 11:10am



Salsa Aerobics (Social Hall)

Saturdays: 9:30am - 10:30am

GEHM Clinic

Tuesday, March 24

8:00am - 12:30pm

Health services for seniors

How to Stay out of the Dr's Office (Room 10)

March 11 (2nd Wednesday)

10:00am - 11:15am

Department of Senior Affairs - 714 7th Street, SW
Senior Information Line - 764-6400



*Breakfast & Lunch

*Recreation & Learning

*Sports & Fitness Centers & 2 fitness rooms

*6 Senior Centers

*2 Multigenerational Centers

*Information, referrals, & assistance on senior concerns/issues.

*Linkage to senior services and to other community resources.

Senior Social Services

*Senior Information Line - 764-6400 For information & literature about other support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies & case management programs.

*Transportation/Nutrition

*Home-Delivered Meals

*Satellite Senior Center -Recreation & Lunch

*Care Coordination - Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services, & on-going follow-up.

*Home Chores - Chore services such as seasonal light yard cleaning & installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+.

* Retrofit - Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income eligible disabled persons of all ages living within city limits. Services to income eligible county seniors aged 60+ as funding allows;

*Minor Home Repairs - Minor repairs for low income homeowner occupants over 60 within Bernalillo County, Non-licensed work only.



COME JOIN US FOR BREAKFAST 8:00am - 9:00am Monday - Friday

City of Albuquerque - DEPARTMENT OF SENIOR AFFAIRS - Nutrition & Transportation

ATTENTION BREAKFAST PATRONS:

Due to a City of Albuquerque, Environmental Health Department directive, we will no longer be permitted to serve soft-cooked eggs.

- This directive is due to Salmonella Enteritidis, which can be found in unpasteurized eggs, & can put highly susceptible populations at risk of severe illness.
- The Environmental Health Department has designated senior centers to serve highly susceptible populations.
- Cooking unpasteurized eggs to 145° for at least 15 seconds, destroys Salmonella Enteritidis.
- Sunny side up, over easy and soft scrambled eggs do not reach 145° and therefore will no longer be available at senior centers.
- Over medium, over hard and well scrambled eggs will still be available.

We apologize for any inconvenience this change in policy might present. Please call Bob Manymules, Food Production Supervisor 505.764.6457, for further information.

Nutrition & Transportation 505.764.6457

Los Volcanes Breakfast Menu

FULL - 2 Eggs, Toast, Potatoes and choice of Bacon or Sausage.	\$1.50
MINI - 1 Egg, Toast, Potatoes and choice of Bacon or Sausage.	\$.75
BURRITO – Egg, Potato, Cheese, choice of Bacon/Sausage Red/Green Chile	\$1.50
FRENCH TOAST BREAKFAST – 2 French Toast & choice of Bacon or Sausage	\$1.00
PANCAKE BREAKFAST – 2 pancakes & choice of Bacon or Sausage	\$1.00

Weekly Specials

Mondays Only:	English Muffin Sandwich	\$1.00
Tuesdays & Fridays Only:	Huevos Rancheros	\$1.50
Thursdays Only:	Biscuits & Gravy	\$1.00

A La Carte Items

I Pancake w/fruit	\$.75	Cereal Hot/Cold w/Milk	\$.70
I Pancake plain	\$.25	Bacon or 2 Sausage	\$.50
I French Toast w/fruit	\$.75	Eggs	\$.25 each
I French Toast plain	\$.25	Potatoes	\$.30
I Waffle /with fruit & cream	\$1.50	2 Slices Toast or 1 Tortilla	\$.20
I Waffle plain	\$1.00	Side of Red or Green Chile	\$.25

Milk - \$.25 Orange Juice - \$.25



1) PLEASE CALL 767-5999 BY 1:00 PM, THE DAY BEFORE FOR RESERVATIONS





















2) Only number of meals ordered will be prepared for LVSC.

3) Those persons with reservations are served their meals first.

4) Unclaimed meals are held until 12:30. At 12:30 pm clients who did not make a reservation but who do want to eat can at that time.

5) NO FOOD ITEMS are to be taken OUT of facility to be consumed at later time, w/exception of apples, bananas, oranges or individually packaged items.

Ages 49 - Under: \$7.67 Ages 50 - 59: \$3.25 Ages 60+: Suggested \$2.00 donation

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> ◆ Green Chili Chicken Posole ◆ Black Beans ◆ Calabacitas ◆ Sliced Pears ◆ 1% Milk  	3 <ul style="list-style-type: none"> ◆ Turkey w/ Gravy ◆ Stuffing ◆ Mixed Vegetables ◆ Chocolate Chip Cookie ◆ 1% Milk  	4 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Baked Beans ◆ Baby Carrots ◆ Sliced Peaches ◆ 1% Milk  	5 <ul style="list-style-type: none"> ◆ Pork Chop w/ Slice Apples ◆ White Rice ◆ Imperial Blend ◆ Orange ◆ 1% Milk  	6 <ul style="list-style-type: none"> ◆ Breaded Cod w/ Tarter Sauce ◆ Steak Fries ◆ Coleslaw w/ Pineapple & Raisins ◆ Brownie  ◆ 1% Milk
9 <ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Flour Tortilla ◆ Spanish Rice ◆ Pinto Beans ◆ Mixed Fruit ◆ 1% Milk  	10 <ul style="list-style-type: none"> ◆ Chicken Alfredo w/ Penne Pasta ◆ Green Beans  w/ Mushrooms ◆ Garlic Bread Stick ◆ Vanilla Pudding ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Baked Ham w/ Pineapple Glaze ◆ Rice Pilaf ◆ Baby Carrots ◆ Yogurt w/ Granola ◆ 1% Milk  	12 <ul style="list-style-type: none"> ◆ Chicken Fried Steak w/ Grilled Onions ◆ Roasted Red Potatoes ◆ Brussel Sprouts ◆ Sugar Cookie ◆ 1% Milk  	13 <ul style="list-style-type: none"> ◆ Baked Ziti w/ Mozzarella ◆ Mixed Vegetable ◆ Garlic Bread Stick ◆ Apple ◆ 1% Milk 
16 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Dinner Roll w/ Margarine ◆ Butter Baby Carrots ◆ Mashed Potato w/ Gravy ◆ Banana ◆ 1% Milk  	17 <ul style="list-style-type: none"> ◆ Corned Beef ◆ Cornbread ◆ Red Potatoes ◆ Cabbage ◆ Green Jello ◆ 1% Milk  	18 <ul style="list-style-type: none"> ◆ Red Chili Dog w/ Cheese & Onions ◆ Tatar Tots ◆ Corn w/ Red Peppers ◆ Mandarin Orange ◆ 1% Milk  	19 <ul style="list-style-type: none"> ◆ Green Chili Meatloaf w/ Aus Jus ◆ Brown Rice ◆ Malibu Blend Vegetables ◆ Sliced Peaches ◆ 1% Milk  	20 <ul style="list-style-type: none"> ◆ Loaded Baked Potato w/ Cheese, Broccoli & chives ◆ Oriental Blend Vegetables ◆ Biscuit ◆ Apple Crisp  ◆ 1% Milk
23 <ul style="list-style-type: none"> ◆ BBQ Chicken Thigh ◆ Baked Beans ◆ Corn Bread ◆ Coleslaw w/ Pineapple & Raisins ◆ 1% Milk  	24 <ul style="list-style-type: none"> ◆ Swedish Meatballs w/ Gravy ◆ White Rice ◆ Green Beans w/ Mushrooms ◆ Dinner Roll w/ Margarine ◆ Apricots  ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Turkey Pot Pie & Biscuit ◆ Au Gratin Potato ◆ Imperial Vegetables ◆ Apple Sauce ◆ 1% Milk  	26 <ul style="list-style-type: none"> ◆ Red Beef Enchiladas ◆ Black Beans ◆ Corn w/ Red Peppers ◆ Flour Tortilla ◆ Sliced Peaches ◆ 1% Milk  	27 <ul style="list-style-type: none"> ◆ Cajun Tilapia ◆ Pasta w/ Garlic Butter Sauce ◆ Italian Vegetables ◆ Grapes ◆ 1% Milk 

City of Albuquerque Senior & Multigenerational Centers

Barelas Senior Center

714 7th St SW 87102

764-6436

Hours of Operation:

Monday - Friday: 8:00am - 5:00pm



Bear Canyon Senior Center

4645 Pitt NE 87111

767-5959

Hours of Operation:

Mon, Tues, Wed, Fri: 8:00am - 5:00pm

Thursdays: 8:00am - 9:00pm

Saturday: 9:00am - 3:00pm

Los Volcanes Senior Center

6500 Los Volcanes NW 87121

767-5999

Hours of Operation:

Mon, Tues, Wed, Fri: 8:00am - 5:00pm

Thursdays: 8:00am - 7:00pm

Saturday: 9:00am - 1:00pm



Highland Senior Center

131 Monroe NE 87108

767-5210

Hours of Operation:

Mon, Tues, Thurs, Fri: 8:00am - 5:00pm

Wednesdays: 8:00am - 7:00pm

Saturday: 10:00am - 4:00pm

North Valley Senior Center

3825 4th Street NW 87107

761-4025

Hours of Operation:

Mon, Wed, Thurs, Fri: 8:00am - 5:00pm

Tuesdays: 8:00am - 7:00pm

Sunday 12:30pm - 5:00pm



Palo Duro Senior Center

5221 Palo Duro 87110

888-8102

Hours of Operation:

Mon, Tues, Thurs, Fri: 8:00am - 5:00pm

Wednesdays: 8:00am - 7:00pm

Saturday 9:00am - 1:00pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE 87123

275-8731

Hours of Operation:

Monday - Friday: 8:00am - 9:00pm

Saturday: 9:00am - 3:00pm



North Domingo Baca Multigenerational Center

7521 Carmel Ave NE 87113

764-6475

Hours of Operation:

Monday - Friday: 8:00am - 9:00pm

Saturday: 9:00am - 3:00pm

