

JANUARY

2022

Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



Center Hours
Mon, Tue, Wed, Fri: 8a-5p

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed

Special Event Date

Wednesday, January 5

1:30pm - 3:30pm

**Toast to bringing in the
New Year with**

excitement!

Sponsored by



CLOSURE

**Los Volcanes will be
CLOSED Monday, Jan. 17**

**in honor of Martin
Luther King Day**



Accredited by
National Institute of
Senior Centers



Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

Participant Code Of Conduct

In order that all participants may have a pleasant experience at the center, they are expected to respect the rights of others and to adhere to the following behaviors:

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 center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in City facilities or on City premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities or on City premises.
11. Any type of gambling is strictly prohibited in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in pool rooms and computer labs.
14. Vandalizing or damaging Center facilities, equipment or materials is prohibited.
15. Treat Center materials, equipment, furniture, grounds, and facility with respect.
16. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
17. Keep the Senior Center 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 program.

COVID-19 VACCINE
AVAILABLE HERE

Vaccines Available

Monday,

January 3, 2021 9:00am - 4:00pm

Sponsored by

Baca Community Health



Volunteers Wanted

Interested in volunteering at Los Volcanes? Please contact 505-767-5999 if you're interested in volunteering for Bingo, events, drivers. etc.



Monday

Woodcarving: 8:30 am - 10:30 am
Billiards 8 am - 5 pm
Ceramics: 9 am - 12 pm
Puzzle: 8 am - 5 pm
Pickleball: 9:30 am - 11 am
Rummikub: 12 pm - 3 pm
Woodcarving (Power): 1:30 pm - 3:30 pm



Tuesday

Billiards: 8 am - 5 pm
Puzzle: 8 am - 5 pm
Painting: 9 am - 11 am
Swedish Weaving: 9 am - 11 am
Bible Study: 9 am - 11 am
Mexican Train: 12:45 pm - 4 pm
Euchre: 12:30 pm - 4:30 pm
Mah Jongg: 12:30 pm - 4:30 pm
Salsa Aerobics: 2:30 pm - 3:30pm



Wednesday

Billiards 8 am - 5 pm
Puzzle: 8am - 5 pm
Open Computer Lab: 9 am - 1 pm
Crochet: 9 am - 12 pm
Pottery: 9 am - 12 pm
Poker: 12: 30 pm - 4:30 pm
Pinochle: 12:30 pm - 4 pm
Tin Class: 1:30 pm - 4 pm



Thursday

Billiards 8 am - 7 pm
Puzzle: 8 am - 7 pm
Porcelain Dolls: 9 am - 11 am
Drawing: 9 am - 11 am
Mah Jongg: 12:30 pm - 4:30 pm
Poker 12 noon - 4:30 pm
Plastic Canvas: 1:00 pm - 3:00 pm
Afternoon Dance: 1:30 pm - 4: 15 pm



Friday

Billiards 8 am - 5pm
Puzzle: 8 am - 5 pm
Flea Market: 8 am - 11 am
Ceramics: 9 am - 12 pm
Open Computer Lab: 9 am - 1 pm
Beginning Classical Guitar Group: 10 am - 2 pm
Crochet: 1:30 pm - 3: 30 pm
Bingo: 2pm - 4 pm



Saturday

Billiards 9 am - 1 pm
Puzzle: 9 am - 1 pm
Salsa Aerobics: 9:30 am - 10:30 am
Zhineng Qigong: 9:30 am - 11 am



Friendly Reminder

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

Thursday Afternoon Dances

Dance to live music
Thursdays 1:30pm to 4:15pm
\$3 with current membership!



Thursday, January 6th: Enchanted Four
Thursday, January 13: Milagro
Thursday, January 20: Chile Bean Express
Thursday, January 27: De Luz

Dessert Social

Join us for a tasty treat of ice cream with all the fixings for .75¢

Wednesday, January 5th
10:15 am - 11:15 am



We will have a selection of pie to choose from for only .75¢.

Friday, January 21st, 10:15 am - 11:15 am

Friendship Coffee

A cup of coffee & helpful information for you or a loved one

Wednesday, January 19

Thursday, January 6, 13, 20, 27

Friday, January 7, 21,

12:00pm - 1:30pm

Thank you to the following Sponsors:



GEHM Clinic

Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure check, pulse, oxygen saturation, height, weight, and blood glucose check and referrals if indicated.

Wednesday, January 26
8:30am - 12:00pm



Senior Citizens Law Office

Power of Attorney and General Legal Clinic. Call Senior Law Office at 505-265-2300 to schedule an appointment.

Thursday, January 27
10:00am - 12:00pm



Let Us Pick You Up!

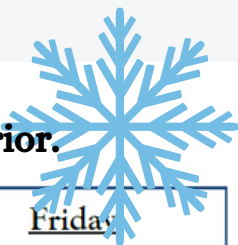
Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers **FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center** within a 5-mile radius of each site. Visit with your center staff for details.







Los Volcanes Senior Center Monthly Lunch Menu

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 761-4025 to make your reservation by 1:00pm the day prior.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 <ul style="list-style-type: none"> ◆ Baked Cajun Salmon ◆ Brown Rice ◆ Brussel Sprouts ◆ Dinner Roll/Margarine ◆ Applesauce ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Beef Tip w/Bowtie Pasta ◆ Seasonal Vegetable ◆ Breadstick ◆ Yogurt ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Steamed Broccoli ◆ Baked Apples ◆ Mediterranean Mixed Bean Salad ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Omelet with Cheese, Mushrooms and Spinach ◆ Diced Potatoes ◆ Peach Cobbler ◆ 1% Milk 	7 <ul style="list-style-type: none"> ◆ Pork Chop ◆ Brown Rice ◆ Buttery Peas ◆ Seasonal Fruit ◆ 1% Milk 
10 <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Mushrooms and Gravy ◆ Mashed Potatoes ◆ Green Beans w/ Tomatoes ◆ Applesauce ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Chicken Alfredo w/ Green Chile ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Seasonal Fruit ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Seasonal Vegetable ◆ Corn Bread ◆ Chocolate Chip Cookie ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Diced Red Potato ◆ Collard Greens ◆ Jell-O ◆ 1% Milk 	14 <ul style="list-style-type: none"> ◆ Pork Chop/Sweet & Sour ◆ Brown Rice ◆ Stir Fry ◆ Seasonal Fruit ◆ 1% Milk 
17 <p>Closed Holiday Martin Luther King Day</p>	18 <ul style="list-style-type: none"> ◆ Sloppy Joe w/ Hamburger Bun ◆ Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Seasonal Vegetable ◆ Flour Tortilla ◆ Vanilla Pudding ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Green Beans w/ Tomatoes ◆ Breadstick ◆ Seasonal Fruit ◆ 1% Milk 	21 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Carrots ◆ Broccoli ◆ Seasonal Fruit ◆ 1% Milk 
24 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Southern Black-Eyed Peas ◆ Chocolate Chip Cookie ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Applesauce ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Orzo ◆ Cauliflower ◆ Dinner Roll w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Mac & Cheese w/ Broccoli ◆ Sweet Potatoes ◆ Cherry Cobbler ◆ 1% Milk 	28 <ul style="list-style-type: none"> ◆ Chicken Parmesan w/ Marinara and Cheese ◆ Brown Rice ◆ Steamed Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 
31 <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 				

BREAKFAST MONDAY - FRIDAY 8AM - 9AM

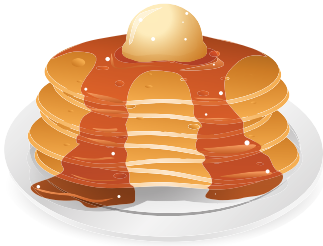
Full: 2 Eggs, toast or tortilla, potatoes,
& choice of bacon or sausage **\$1.50**

Mini: 1 Egg, toast or tortilla, potatoes
& choice of bacon or sausage: **\$0.75**

Burrito: Egg, Potato, cheese, choice of bacon
or sausage & red or 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**



A La Carte Items

Pancake (1): **.25¢**

French Toast (1): **.25¢**

Waffle: **\$1.00,**

w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.75¢**

Bacon/Sausage: **.50¢**

Eggs: **.25¢**

Hash Browns: **.30¢**

Toast/Tortilla: **.20¢**

Side of Red/Green: **.25¢**

Milk or Juice: **.25¢**

Large Juice: **.50¢**

WEEKLY SPECIALS

Mondays: English Muffin Sandwich: **\$1.00**



Tuesdays: Deluxe Burrito (Smothered, lettuce,
tomato): **\$1.50**

Wednesdays: Omelet w/ Texas Toast (Ham, bacon,
sausage, or veggie): **\$1.50**

Thursdays: Biscuits & Gravy: **\$1.00**

Fridays: Huevos Rancheros: **\$1.50**

