

Closure

Los Volcanes will be

CLOSED Monday, June 20 in honor of
the Juneteenth Holiday

JUNETEENTH



HIGHLIGHTED CLASS OF THE MONTH: PORCELAIN DOLLS

The Los Volcanes Porcelain Doll group is seeking new members. For your first project, you will have access to supplies, materials, & firing equipment. Many of the group members have won awards for their dolls such as "Best of Show" at the NM State Fair Art Competition. Everyone is welcome!

THURSDAYS 9AM - 11:30AM

NEW CLASS: ZHINENG QIGONG

Join our new Zhineng Qigong class beginning on

Monday from 2pm - 4pm @ Los Volcanes!

Zhineng Qigong is the world's most practiced medicine-less Qigong. It utilizes both the mind & body to bring in positive energy!. Dress comfortably

Center Hours

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

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed

Special Events

Patio BBQ RETURNS!

- **Wednesday June 15**
1:30 - 3:30pm

We will have Live music by Chunda! We will also be serving hotdogs & Hamburgers!

Thank you to the following Sponsor:



50+ Open Pickleball

Are you interested in playing Pickleball? Join us on Thursday evenings from 4:45 pm - 6:45 pm

We can provide paddles & equipment!



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.

Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director
Department of Senior Affairs



DoTERRA Essential Oils

Most people have had difficulties with Stress, Sleep, Respiratory or Immune issues, Digestive discomfort and Muscle aches. Sound familiar? What if you could try something natural for your problem that has no side effects and it was FREE. Would you use it?

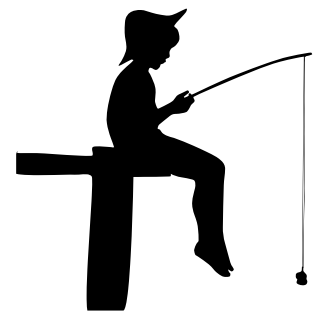


Everyone is welcome to Join this presentation. If you're interested please see the front desk or call 505-767-5999 to sign up.

2nd Wednesday of the month starting Wednesday, June 8 starting at 2pm

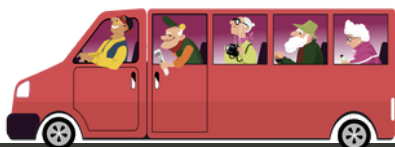
LOS VOLCANES FISHING CLUB

Interested in learning about fishing & taking trips to fish? Join the LVSC Fishing Club! **Meetings are held every Wednesday starting at 9am** & Fishing trips take place on the following day (Thursday) Everyone is welcome to join!



VOLUNTEER DRIVERS

Los Volcanes is currently looking for volunteer drivers to assist with trips, & the Aquatics program. Please see the front desk if you're interested.



BIRTHDAY PARTY CELEBRATION!

Come Celebrate with us!

Friday, June 3

10am - 11am

Sponsored By:



**OAK
STREET
HEALTH**



Monday

Woodcarving: 8:30 am - 10:30 am
Billiards 8 am - 5 pm
Ceramics: 9 am - 12 pm
Open Computer Lab: 9 am - 1 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
Zhineng Qigong: 2 pm - 4 pm (Begins Apr. 25)



Tuesday

Billiards: 8 am - 5 pm
Puzzle: 8 am - 5 pm
Painting: 9 am - 11 am
Open Computer Lab: 9 am - 1 pm
Salsa Etc: 9:30 am - 10:30 am
Bible Study: 9:30 am - 11 am
Swedish Weaving: 12:00 pm - 2 pm
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 - 3:30 pm



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
Fishing Club Meetings: 9am - 10am
Poker: 12: 30 pm - 4:30 pm
Pinochle: 12:30 pm - 4 pm
Tin Class: 1:30 pm - 4 pm
Afternoon Movie Matinee (Last Wed.): 2pm - 4pm
DoTERRA Essential Oils (2nd Wed.): 2pm - 3:30pm



Thursday

Billiards 8 am - 7 pm
Puzzle: 8 am - 7 pm
Drawing: 9 am - 11 am
Porcelain Dolls: 9 am - 11 am
Open Computer Lab: 9 am - 1 pm
Line Dancing Beginner; 9 am - 10 am
Line Dancing Improver: 10:15 am - 11:15 am
Mah Jongg: 12:30 pm - 4:30 pm
Poker 12 noon - 4:30 pm
Spite and Malice: 12:30 pm - 3:30 pm
Origami: 1:30 pm - 3:30 pm
Afternoon Dance: 1:30 pm - 4: 15 pm
Pickleball: 4:45 pm - 6:45 pm



Friday

Billiards 8 am - 5pm
Flea Market: 8 am - 11 am
Ceramics: 9 am - 12 pm
Open Computer Lab: 9 am - 1 pm
Beginning Classical Guitar Group: 10 am - 12 pm
Plastic Canvas: 1 pm - 3 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



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, June 2: Chile Beans Express

Thursday, June 9: Impresion

Thursday, June 16: Paul Pino & Tone Daddies

Thursday, June 23: Timo's Band

Thursday, June 30: La Raza

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, June 29

8:30am - 12:00pm



Los Volcanes Flea Market

Fridays from 8am - 11am

Last Friday of the month is the lottery for a chance to get a table.

Friday, June 24 is the Lottery at 10:15am



Afternoon Movie Matinee

Join us for our annual Afternoon Movie Matinee!

Wednesday, June 29 starting at 2pm!

If you would like to see specific genres of films please feel free to let us know & share your ideas with us. We would also like to know if our members would be interested in Morning Movie Matineess as well. Please share your thoughts with us!



Dessert Social

Join us for monthly dessert socials with all the fixings!

Ice Cream Social

Wednesday, June 1

10:15 am - 11:15 am



Pie Social

Friday, June 17, 10:15 am - 11:15 am



Thank you to the following sponsor:



Vaccine Clinic

Covid Vaccine & Covid Booster, No appointment necessary

Thursday, June 23

9am - 12pm

Sponsored By Best Buy Drugs

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

Please call 767-5999 to make your reservation by 1:00pm the day prior.

**ONE
ALBUQUE
RQUE**

June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
30 CLOSED MEMORIAL DAY 	31 ♦ Greek Pasta Salad ♦ Cucumber & Red Onion Salad w/ Ranch Dressing ♦ Wheat Crackers ♦ Fruit ♦ 1% Milk 	1 ♦ Red Chile Omelet ♦ Steamed Potatoes ♦ Stewed Tomatoes ♦ Green Apple ♦ 1% Milk 	2 ♦ Turkey Tetrazzini ♦ Steamed Spinach ♦ Peas & Carrots ♦ Red Grapes ♦ 1% Milk 	3 ♦ Beef Steak with Grilled Onions ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pudding ♦ 1% Milk 
6 ♦ BBQ Chicken Sandwich ♦ Sweet Potato ♦ Apple Cobbler ♦ 1% Milk 	7 ♦ Salisbury Steak Mushroom & Onion Gravy ♦ Green Beans ♦ Scalloped Potatoes ♦ Orange ♦ 1% Milk 	8 ♦ Baked Ziti ♦ Steamed Carrots & Cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% Milk 	9 ♦ Turkey Pot Pie ♦ Ancient Grains ♦ Broccoli ♦ Diced Peaches ♦ 1% Milk 	10 ♦ Bean & Rice Burrito with Red Chile ♦ Cauliflower ♦ Warm Cinnamon Apples ♦ 1% Milk 
13 ♦ Beef Tips w/ Gravy in Bowtie Pasta ♦ Steamed Green Beans ♦ Peach Cobbler ♦ 1% Milk 	14 ♦ Baked Chicken Thigh ♦ Steamed Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll w/ Margarine ♦ 1% Milk 	15 ♦ Garlic Tilapia ♦ Black-eyed Peas ♦ Steamed Carrots ♦ Pudding ♦ 1% Milk 	16 ♦ Sliced Turkey w/ Brown Gravy ♦ Steamed Carrots ♦ Mashed Potatoes ♦ Pear ♦ 1% Milk 	17 ♦ Pork Roast w/ Creamy Onion Gravy ♦ Steamed Broccoli & Carrots ♦ Mashed Potatoes ♦ Dinner Roll w/ Margarine ♦ Green Grapes ♦ 1% Milk 
20 CLOSED (OBSERVED) 	21 ♦ Chicken Thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% Milk 	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Bread Stick ♦ Cantaloupe ♦ 1% Milk 	23 ♦ Baked Salmon ♦ Roasted Peppers ♦ Ancient Grain ♦ Pudding ♦ 1% Milk 	24 ♦ Carne Adovada ♦ Pinto Beans ♦ Brown Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk 
27 ♦ Baked Pork Chops ♦ Sweet Potatoes ♦ Broccoli/Cauliflower/Carrot ♦ Yogurt ♦ Dinner Roll w/ Margarine ♦ 1% Milk 	28 ♦ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions ♦ Green Peas ♦ Brown Rice ♦ Orange ♦ 1% Milk  	29 ♦ Garlic Tilapia ♦ Steamed Potatoes ♦ Collard Greens ♦ Dinner Roll w/ Margarine ♦ Strawberries ♦ 1% Milk 	30 ♦ Baked Ziti ♦ Steamed Green Beans & Mushrooms ♦ Garlic Breadstick ♦ Pears ♦ 1% Milk 	1 ♦ Cheeseburger ♦ Sweet Corn ♦ Steak Fries w/ Ketchup ♦ Watermelon ♦ 1% Milk 

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative

BREAKFAST MONDAY - FRIDAY 8AM - 9AM

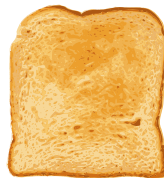
Full: 2 Eggs, toast or tortilla, potatoes,
& choice of bacon or sausage **\$1.50**

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**



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**



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¢**

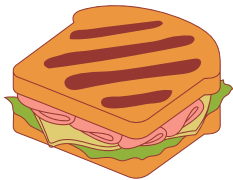
Side of Red/Green: **.25¢**

Milk or Juice: **.25¢**

Large Juice: **.50¢**

**PLEASE HAVE SMALL BILLS WHEN
PAYING FOR BREAKFAST**

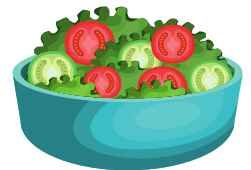
A La Carte Lunch Menu Available



Hot or Cold Sandwich: **\$1.50**

Small Salad: **\$1.00**

Large Salad: **\$2.00**



Free Hot Meal Option still available for members 60+ on a reservation basis

No Reservation required for A La Carte Menu

