



Holiday Closure

Senior Centers and Meal Sites will be **closed on July 5, 2021**. In observance of the **4th Of July Holiday**. We will return to business hours Tuesday, July 6, 2021.

Volunteers Needed

If you are interested in being a volunteer for Los Volcanes to assist with special events or driving trips please contact **Los Volcanes at 505-767-5999**.

Coffee with the Director

Join us **Friday, July 23** at **9:30am** for Coffee with the Director of Senior Affairs Anna Sanchez!



6500 Los Volcanes Rd NW 87121
505-767-5999

Hello,



We are very excited and pleased to announce a few great updates for the month of July!

A new addition to the Department of Senior Affairs is our new Deputy Director Chris Sanchez.

Chris possess an MBA and more than 20 years of executive leadership and strategic management experience in public, private, and non-profit sectors throughout New Mexico. He previously served as the Department Director of Community Services appointed by the Mayor of Santa Fe, has a background in youth corrections and community programming, was the director of the Santa Fe County Youth Development Program and previously worked with State of New Mexico's Family and Community Services. For the past three years, he has served as the Deputy Assessor appointed by the Santa Fe County Assessor. We are pleased to welcome Chris and look forward to him joining us in enhancing our mission of our commitment to providing resources with care and compassion that help our community thrive while embracing aging.

Another eagerly anticipated update is the re-opening of all senior and multigenerational centers on Tuesday, July 6, 2021. The past year has been unlike anything we've ever experienced, and we're working hard to adjust and evaluate how we can continue to provide more programing and activities for community members while still adhering to New Mexico's public health order. As we anticipate many of the state's restrictions to be lifted, we want to continue to bring you the services and connections you need, even if it may look a little different than it has in the past. It really can't be said enough—your health, and the health of our community members, are our priority. Every decision we make is through that lens. We want to be sure the approach we're taking to reopen is thoughtful, and that we're creating an environment that's safe for everyone. When we do reopen, more than anything, we want you to feel comfortable when you're visiting any of our senior, multigenerational or sports and fitness sites. We're looking at how to manage the reopening of our programs and some of those plans will include continuation of increased cleaning and sanitization and continuing to offer virtual services.

We thank you for your continued patience with our staff as we work to resume our dynamic programming, events and activities. You can learn more about our approach to re-opening, in-person activities and programs available, or learn more details on how we're making our center sites safe, by calling your center site directly, checking in with our Senior Information Line at 505-764-6400 Monday-Friday between 8am-4:30pm or by visiting our website cabq.gov/seniors.

We are excited to welcome you back and hope to see you again soon.

Sincerely,

**Anna Sanchez, Director
Department of Senior Affairs**



Weekly Activities Schedule



MONDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Woodcarving: 8:30am - 10:30am
Pickleball: 9:30am - 11am
Rummikub: 12pm - 3pm
Woodcarving (Power): 1:30pm - 3:30pm
Salsa Etc!: 1:15pm - 2:30pm

Tuesday

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

WEDNESDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Crochet: 9am - 11am
Potter (Intermediate): 9am - 12pm
Fishing Club Meeting: 9am - 10am
Open Computer Lab: 9am - 3pm
Poker: 12:30pm - 4:30pm
Pinochle: 12:30pm - 4:30pm
Mah Jongg: 1pm - 4:30pm
Tin: 1:30pm - 4:00pm



THURSDAY

Billiards: 8am - 6pm
Puzzle: 8am - 6pm
Watercoloring: 9am - 10:30am
Porcelain Dolls: 9am - 11am
Drawing: 9am - 11am
Beginning Line Dance: 9am - 10am
Intermediate Line Dance: 10:10am - 11:10am
Pinochle: 12:30pm - 6pm
Poker: 12:30pm - 4:30pm
Pottery (Lab): 12:30pm - 4:30pm
Plastic Canvas: 1pm - 3pm

Friday

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Guitar Group: 10am - 12pm, 12pm - 2pm
Crochet: 1:30pm - 3:30pm

SATURDAY

Billiards: 9am - 12:30pm
Puzzle: 9am - 12:30pm
Salsa Aerobics: 9:30am - 10:30am

THURSDAY AFTERNOON DANCE

Dance is held on Thursday from 1:30pm - 4:15pm

\$3.00 per person



July 8, 2021: Milagro
July 15, 2021: L a Raza
July 22, 2021: Latin Soul
July 29, 2021: Chile Beans Express



Senior Law OFFICE

Thursday, July 22, 2021

10am - 12pm

Please call 265-2300 to make an appointment

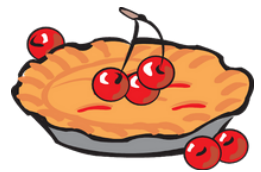


SPECIAL EVENT

Friday, July 2, 2021 @ Los Volcanes

1:30pm - 3:30pm



















Show off your patriotic spirit as we celebrate America's birthday! Don't forget to don your red, white & blue!
We will have Hotdogs & bratwurst with all the fixings along with cherry pie & ice cream!



July Lunch Menu



July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Closed (4th of July Observance)</p>	<p>6</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Chicken ♦ Brown Rice ♦ Diced Beets ♦ Dinner Roll W/ Margarine ♦ Vanilla Pudding ♦ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Prito Pie ♦ Imperial Blend ♦ Coen Chips ♦ Mandarin Orange ♦ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Steak Fingers W/ White Gravy ♦ Mashed Potatoes ♦ Chuckwagon Blend ♦ Red Apple ♦ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ♦ Garlic Tilapia ♦ Pasta W/ Diced Tomatoes ♦ Green Beans ♦ Yogurt ♦ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ♦ Chicken Parmesan ♦ Butter Spaghetti ♦ Grinkle Cut Carrots ♦ Sliced Peaches ♦ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Breaded Cod W/ Tartar Sauce ♦ Whole Coen ♦ Noemandy Blend ♦ Watermelon ♦ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Green Beans ♦ Breadstick ♦ Mixed Fruit ♦ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Beef Fajita ♦ Spanish Rice ♦ Mini-Coen ♦ Flour Tortilla ♦ Chocolate Pudding ♦ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Chile Cheese Hot Dog ♦ Tater Tots W/ Ketchup ♦ Mixed Vegetables ♦ Pear ♦ 1% Milk 
<p>19</p> <ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spanish Rice ♦ Pinto Beans ♦ Flour Tortilla ♦ Cookie ♦ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Spaghetti W/ Meat Sauce ♦ Imperial Blend ♦ Garlic Breadstick ♦ Banana ♦ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Oven Fried Chicken W/ White Gravy ♦ Ancient Grain ♦ Sliced Carrots ♦ Green Apple ♦ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Cheese Omelet ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Mandarin Orange ♦ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ♦ Salisbury Steak W/ Gravy ♦ Mashed Potatoes ♦ Spinach ♦ Peaches ♦ Dinner Roll W/ Margarine ♦ 1% Milk 
<p>26</p> <ul style="list-style-type: none"> ♦ Blackened Salmon ♦ Ancient Grain ♦ Green Beans ♦ Red Apple ♦ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Pork Chop W/ Gravy ♦ Au Gratin Potato ♦ Green Peas ♦ Honeydew ♦ Dinner Roll W/ Margarine ♦ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Sweet & Sour Chicken ♦ Stir Fry Vegetables ♦ Brown Rice ♦ Fortune Cookie ♦ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Mac & Cheese W/ Broccoli ♦ Mixed Vegetables ♦ Biscuit ♦ Vanilla Pudding ♦ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Red Chili Pork Tamales ♦ Calabacitas ♦ Pinto Beans ♦ Orange ♦ 1% Milk 