



Los Volcanes Westside Rumor

ncoa
National Institute of
Senior Centers

AUGUST

SPECIAL EVENTS (AUGUST)

NATIONAL SENIOR CITIZENS DAY
WEDNESDAY, AUGUST 18, 1:30PM - 3:30PM



Senior Citizens Day



Wizard of Oz Event
Wednesday, August 25, 1:30pm - 3:30pm



6500 Los Volcanes Rd NW 87121
505-767-5999

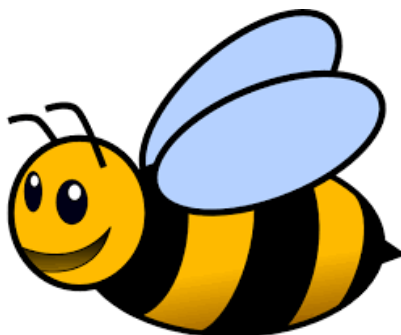
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" We are committed to providing resources with care and compassion that help our community thrive while embracing aging."

Participant Code of Conduct

In order that all users may have a pleasant experience at the center, participants 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 email.
5. Show courtesy to other participants and staff; respect decision 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. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. 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,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well. Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

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

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WEEKLY ACTIVITIES SCHEDULE

MONDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Woodcarving: 8:30am - 10:30am
Pickleball: 9:30am - 11am
Rummikub: 12pm - 3pm
Woodcarving (Power): 1:30pm - 3:30pm

Tuesday

Billiards: 8am - 4:30pm
Puzzle: 8am - 4:30pm
Painting: 9am - 11am
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 - 12pm
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
Flea Market: 8am - 11am
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Guitar Group: 10am - 12pm, 12pm - 2pm
Crochet: 1:30pm - 3:30pm
Bingo: 2pm - 4pm

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***

August 5: Enchanted Four

August 12: Latin Soul

August 19: Chile Beans Express

August 26: Desert Springs

Senior Law Office
Thursday, August 26,

10am - 12pm

Please call 265-2300

to make an

appointment



Dessert Social
10:15am - 11:15am (\$0.75)

Ice Cream
Wednesday, August 4



PIE
FRIDAY, AUGUST 20



BREAKFAST MONDAY - FRIDAY, 8AM - 9AM

Full: 2 eggs, toast, potatoes & choice of bacon or sausage: \$1.50

Mini: 1 egg, toast, potatoes, & choice of bacon or sausage: \$.75

Burrito: Egg, potato, cheese, choice of bacon or 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 Only: Deluxe Burrito (Smothered, Lettuce, Tomato): \$1.50

Wednesdays Only: Omelet w/ Texas Toast (Ham, Bacon, Sausage, or Veggie): \$1.50



Thursdays Only: Biscuits & Gravy: \$1.00

Fridays Only: Huevos Rancheros: \$1.50

A La Carte

Pancake (1): Plain (\$.25), w/Fruit: \$.75

French Toast (1): Plain: (\$.25), W/Fruit: \$.75

Waffle (1): Plain: (\$1.00), W/Fruit+Cream: (\$1.50)

Oatmeal Cups: \$.70

Bacon or Sausage: \$.50

Eggs: \$.25 Each

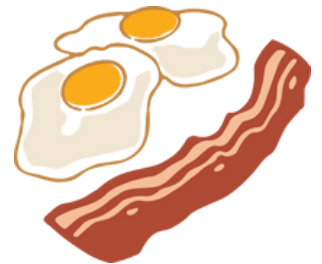
Potatoes: \$.30

2 Slices of Toast or 1 Tortilla: \$.20

Side of Red or Green Chile: \$.25

Milk or Small Orange Juice: \$.25

























Large Orange Juice: \$.50



AUGUST LUNCH MENU

Lunch is from 11:30am - 1:00pm

Please call 767-5999 to make a reservation by 1pm for the next day

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> ◆ Meatloaf W/ Tomato Gravy ◆ Roasted Red Potatoes ◆ California Blend ◆ Cupped Fruit ◆ Dinner Roll W/ Margarine ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Philly Cheese Steak ◆ Macaroni Salad ◆ Green Beans ◆ Hoagie Bun ◆ Cinnamon Apples ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Green Chili Chicken Enchilada ◆ Pinto Beans ◆ Spanish Rice ◆ Orange ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ 5 Cheese Tortellini W/ Marinara Sauce ◆ Garlic Bread Sticks ◆ Broccoli / Red Peppers ◆ Pudding ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Hawaiian Salmon W/ Pineapple ◆ Rice Pilaf ◆ Diced Beets ◆ Dinner Roll W/ Margarine ◆ Honey Dew ◆ 1% Milk 
9 <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Orzo W/ Fajita Blend ◆ Green Peas ◆ Pudding ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Cheeseburger W/ Mushrooms ◆ Pinto Beans ◆ Fries ◆ Hamburger Bun ◆ Banana ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Lime Fish Tacos ◆ Calabacitas ◆ Tortilla ◆ Cherry Cobbler ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Beef Tips W/ Gravy ◆ Spinach ◆ Sweet Potato ◆ Applesauce ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Normandy Blend ◆ Garlic Bread Stick ◆ Watermelon ◆ 1% Milk 
16 <ul style="list-style-type: none"> ◆ Omelet W/ Red Chile ◆ Stewed Tomatoes ◆ Tater Tots ◆ Cookie ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Spaghetti W/ Meatballs ◆ Green Beans ◆ Garlic Breadstick ◆ Cantaloupe ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Pork Chop W/ Brown Gravy ◆ Scalloped Potatoes ◆ Italian Blend ◆ Yogurt ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Pollock Fish W/ Tartar Sauce ◆ Mac and Cheese ◆ Green Beans ◆ Pears ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Chicken Stir Fry ◆ White Rice ◆ Baby Carrots ◆ Pineapple ◆ 1% Milk 
23 <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Brown Gravy ◆ Roasted Rosemary Potatoes ◆ Mixed Vegetables ◆ Apricots ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ BBQ Pork ◆ Buttered Corn ◆ Broccoli / Red Peppers ◆ Cookies ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Baked Seasoned Chicken ◆ Sweet Potatoes ◆ Green Beans ◆ Yogurt ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Fajita Blend ◆ Garlic Breadstick ◆ Orange ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Beef Stew ◆ Buttered Cabbage ◆ Crackers ◆ Peach Cobbler ◆ 1% Milk 
30 <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Asian Beef Stir Fry ◆ Buttered Noodles ◆ Garlic Bread Stick ◆ Pineapple ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Green Beans ◆ Garlic Breadstick ◆ Strawberries ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Tater Tots ◆ Lettuce/Tomato/ Onion/Pickle ◆ Hamburger Bun ◆ Pear ◆ 1% Milk 