

December

Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelmas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelmas neighborhood. We also celebrated the 50th anniversary of Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbara Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait to continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

**Sincerely,
Anna M. Sanchez, Director**

Center Hours

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

Thur: 8:00 a.m. - 7:00 p.m.

Sat: 9:00 a.m.- 1:00 p.m.

Sun: Closed



Director

Anna M. Sanchez

Los Volcanes

Senior Center Staff

Julio Santiesteban
Center Manager

Nastasia Lane
Program Coordinator

Ariana Lira
Office Assistant

Reina Goode
Program Assistant

Cecilia Baza
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

Participant Code Of Conduct

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

AARP Driver Safety Course

Monday, December 2, 2024

12:00 p.m. - 4:00 p.m.



Driver Safety

Call 505-767-5999 to register cost: \$20 for AARP members, \$25 for non-members.



Next class Monday December 2nd

Humana Birthday Celebration

Thursday, December 12th at 1:00 p.m.



Vaccine Clinic

Colo VAX will be here Monday
December 16

12:00 p.m.-4:00 p.m.

Flu, Pneumonia, RSV, Covid, Shingles



Vet to Vet

A seasoned advocate is joining the effort to secure veteran benefits, bringing expertise and dedication to streamline the process.

Their commitment ensures that every eligible veteran receives the recognition and support they rightfully deserve.

Thursday, December 19, 2024

3rd Thursday mornings from 10:00 a.m. -
12:00 a.m.



*appointment required
Sign up at the front desk*

Los Volcanes Christmas Craft Fair

Still searching for the
perfect gift? Come &
purchase a one of a kind
gift made with love

Lottery 12/6 @ 10:15am



Fishing Club Catch of the Month

September- Charlie Romero 17 3/4"

October -

November -



Manzana Mesa Holiday Luncheon
December 25, 2024

Buy your tickets at
Manzano Mesa



Daily Classes and Activities

Monday

Woodcarving: 8:30 a.m. - 10:30 a.m.
Billiards 8:00 a.m. - 4:45 p.m.
Ceramics: 9:00 a.m. - 12:00 p.m.
Beginning Guitar: 9:00 a.m. - 10:30 a.m. **(Class full, Waitlist Available)**
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Pickleball: 9:30 a.m. - 11:00 a.m.
Rummikub: 12:00 p.m. - 3:00 p.m.
AARP Smart Drive Course: 12:00 p.m. - 4:00 p.m. **(1st Monday)**
Beginning Spanish: 1:00 p.m. - 2:30 p.m.
Woodcarving (Power): 11:00 a.m. - 2:30 p.m.
Pickleball: 1:30 p.m. - 4:00 p.m.



Tuesday

Billiards: 8:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Painting: 9:00 a.m. - 11:00 a.m.
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Bible Study: 9:30 a.m. - 11:00 a.m.
Rummikub: 11:30 a.m. - 3:00 p.m.
Swedish Weaving: 12:00 p.m. - 2:00 p.m. **(Class full, Waitlist Available)**
Euchre: 12:30 p.m. - 4:30 p.m.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Salsa Aerobics: 2:30 p.m. - 3:30 p.m.



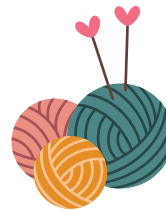
Wednesday

Billiards: 8:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Crochet: 9:00 a.m. - 12:00 p.m.
Pottery(Intermediate): 9:00 a.m. - 12:00 p.m. **(Class Full, Waitlist Available)**
Fishing Club Meetings: 9:00 a.m. - 10:00 a.m. **(Class Full, Waitlist Available)**
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)
Poker: 12:30 p.m. - 4:30 p.m.
Pinochle: 12:30 p.m. - 4:30 p.m.
Tin Class: 1:30 p.m. - 4:00 p.m.
Intermediate Guitar: 1:30 p.m. - 3:00 p.m. **(Class full, Waitlist Available)**



Thursday

Fishing Club Trip: Time is TBA
Billiards: 8:00 a.m. - 6:45 p.m.
Puzzle: 8:00 a.m. - 6:45 p.m.
Sketching: 9:00 a.m. - 11:00 a.m.
Porcelain Dolls: 9:00 a.m. - 11:00 a.m.
Open Computer Lab: 9:00 a.m. - 6:45 p.m.
Smartphone Assistance: 8:00 a.m. - 10:00 a.m. (Sign up at front desk)
Line Dancing (Beginning): 9:30 a.m. - 11:00 a.m.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Poker: 12:00 p.m. - 5:30 p.m.
Spite and Malice: 12:30 p.m. - 3:30 p.m.
Origami: 1:30 p.m. - 3:30 p.m.
Pottery: Open Studio: 1:30 p.m. - 4:30 p.m.
Afternoon Dance: 1:30 p.m. - 4:15 p.m.
Pickleball: 4:30 p.m. - 6:30 p.m.



Friday

Billiards: 8:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Flea Market: 8:00 a.m. - 11:00 a.m.
Ceramics: 9:00 a.m. - 12:00 p.m.
Open Computer Lab: 9:00 a.m. - 4:45 p.m.)
Classical Guitar Group: **No classes in November.**
Flea Market Lottery: 10:15 a.m. **(Last Friday of month)**
The Hooked Generation-Crochet: 1:30 p.m. - 3:30 p.m.
Bingo: 2:00 p.m. - 4:00 p.m.

Saturday

Billiards: 9:00 a.m. - 12:45 p.m.
Puzzle: 9:00 a.m. - 12:45 p.m.
Open Computer Lab: 9:00 a.m. - 12:45 p.m.)
Salsa Aerobics: 9:30 a.m. - 10:30 a.m.

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.

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.



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Salisbury Steak w/ Green Chile Gravy Corn Mashed Potatoes Dinner Roll/Margarine Yogurt 1% milk</p> 	<p>3</p> <p>Turkey Tetrazzini Brussel Sprouts Peach Cobbler Breadstick 1% milk</p> 	<p>4</p> <p>Baked Tilapia w/Tarter Sauce Rice Pilaf Green Beans Vanilla Pudding 1% milk</p> 	<p>5</p> <p>Spaghetti /Mushrooms Seasonal Vegetable Breadstick Mixed Fruit Cup 1% milk</p> 	<p>6</p> <p>Diced Pork w/ Gravy Brown Rice Oriental Blend Dinner Roll/Margarine Jell-O 1% milk</p> 
<p>9</p> <p>Beef Stir-Fry Butter Noodles Fortune Cookies Seasonal Fruit 1% milk</p> 	<p>10</p> <p>Lemon Baked Salmon White Rice Seasonal Vegetable Dinner Roll/ Margarine Orange 1% milk</p> 	<p>11</p> <p>Pork Tamale/Red Chile Pinto Beans Seasonal Vegetable/ Calabacitas Chocolate Pudding 1% milk</p> 	<p>12</p> <p>Cheese Omelet / Onions & Peppers Stewed Tomatoes Spinach Apple Sauce 1% milk</p> 	<p>13</p> <p>Chicken Posole Succotash Tortilla Diced Pears 1% milk</p> 
<p>16</p> <p>Carne Adovada/ Red Chile Spanish Rice Corn w/ Red Peppers Vanilla Pudding 1% milk</p> 	<p>17</p> <p>Turkey & Brown Rice w/ Gravy Green Beans Cauliflower w/ Red Peppers Apple Sauce 1% milk</p> 	<p>18</p> <p>Baked Chicken Mashed Potatoes Diced Beets Mixed Fruits 1% milk</p> 	<p>19</p> <p>Macaroni & Broccoli Spinach Cherry Cobbler Dinner Roll/Margarine 1% milk</p> 	<p>20</p> <p>Ground Beef/Potatoes Stewed Tomatoes Cornbread Peaches 1% milk</p> 
<p>23</p> <p>Baked Cod Fish/ Tartar Sauce Rice Pilaf Carrots Jell-O 1% milk</p> 	<p>24</p> <p>Ham/Pineapple Glaze Mashed Sweet Potatoes Mixed Vegetables Holiday Cookie 1% milk</p> 	<p>25</p> <p>CLOSED</p> <p>Happy Holidays</p>	<p>26</p> <p>Veggie Cheeseburger Diced Beets Normandy Blend Chocolate Pudding 1% milk</p> 	<p>27</p> <p>Green Chile Chicken Tamale Pinto Beans Calabacitas Yogurt 1% milk</p> 
<p>30</p> <p>Texas Chili Cornbread/Margarine Succotash Diced Pears 1% milk</p> 	<p>31</p> <p>Asian Diced Pork/ Peppers Rice Pilaf Oriental Blend Fortune Cookie 1% milk</p> 	<p>1</p> <p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>Omelet w/ Red Chile & Peppers Sweet Potatoes Blackeye Peas Dinner Roll/Margarine Pudding 1% milk</p> 	<p>3</p> <p>Breaded Cod/ Tartar Sauce Crinkle Cut Fries Peas & Carrots Brownies 1% milk</p> 

BREAKFAST MONDAY - FRIDAY 8:00 A.M. - 9:00 A.M.

Weekly Breakfast

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**



Breakfast 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 Breakfast Items

Pancake (1): **.25¢**, French Toast (1): **.25¢**

Waffle: **\$1.00**, w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.70¢**

Bacon/Sausage: **.50¢**, Eggs: **.25¢**

Hash Browns: **.30¢**

Toast/Tortilla: **.20¢**

Side of Red/Green: **.25¢**

Milk or Juice: **.25¢**, Large Juice: **.50¢**



A La Carte Lunch Menu

Monday - Friday 11:30 A.M. - 1:00 P.M.

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

Hot: **ABQ Turkey**

Cold: **Ham and Cheese**

Small Salad: **\$1.00**

Large Salad: **\$2.00**



Suggested Donation based Hot meal option still available for members 60+ on a reservation basis

No Reservation required for A La Carte Menu

Notice

ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY

In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, **meals cannot be removed from the meal site designated dining area**, however fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule. If you have any questions regarding regulations and guidelines, please call **Senior Affairs Nutrition and Transportation Division Manager**

Tim Martinez at 505-764-6450 for further clarification.

Thank you in advance for your cooperation.



Christmas Carol Sing Along

Come and join Karaoke
Dreamin and sing your
favorite songs!



Thursday, Dec 19th
10am-11:30am
Refreshments will
be served

Thursday Afternoon Dances

1:30pm - 4pm

\$3 with current membership



Thursday, December 5th
Amistad



Thursday, December 12th
Latin Soul

Thursday, December 19th
La Raza

Los Volcanes
Snow Ball



BEYOND NANO

Presentation on The
Intelligence Immune System
Wednesday, December 11th
1pm-2pm

Ice Cream Social
(1st Wed. of the
month) December
4th @10am until
supplies last
Pie social (2nd Wed.
of every month)
December 11th @
10am until supplies
last



Old Town Holiday Stroll 2024

Friday, December 6th

Check In at 4:30pm

Return at 7:30pm



Dress Warm!

DATE

Wednesday, December 18th

Sign in-9:00 Am

Depart-9:20 Am

Return to center-2:00 pm

\$5.00 Haircuts



Sign up at
the front desk!

Tips
Appreciated



New Mexico Mining Museum



Monday, Dec 16th

Grants, NM

\$6 Admission

Lunch at your own expense

Check in: 9am

Return: 3pm



Toy Drive

Donate a new, unwrapped
toy for a child ages 3-5
years old by Dec 13th



HIKING

Wednesday, December 4th -Rio Grande Nature
Center

Wednesday, December 18th- Sandstone Bluffs
Long Loop

SIGN UP AT THE
FRONT DESK!



Mystery Lunch Trip with Angel

Tuesday, December 10th

Depart 11:15 am

Return 2:00 pm

Lunch at your own expense

