

FEBRUARY



6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors



POOL

TOURNAMENT 2025



WEDNESDAY, FEBRUARY 26, 2025

9:00 am - 5:00 pm

Registration fee \$10 per player  
MUST HAVE CURRENT MEMBERSHIP

Registration begins January 31st and ends  
February 20th



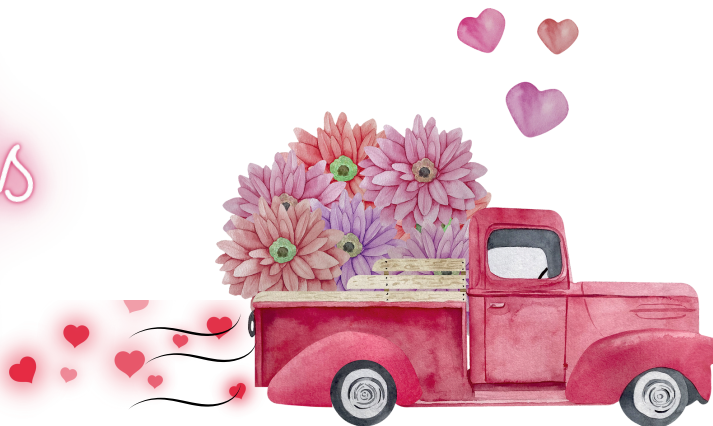
CHAMPION- \$\$\$ + TROPHY  
2ND PLACE- \$\$ + TROPHY  
3RD PLACE- \$ + TROPHY

SPONSORED BY:

PRIME TIME PUBLISHING



Happy Valentine's Day



Center Hours

Mon, Tues, Wed, Fri:  
8 am - 5 pm  
Thurs: 8 am - 7 pm  
Sat: 9 am- 1 pm  
Sun: Closed



Director  
Anna M. Sanchez

Los Volcanes Senior Center Staff

Julio Santiesteban  
Center Manager

Nastasia Lane  
Program Coordinator

Ariana Lira  
Office Assistant

Cil Baza  
Program Assistant

Reina Goode  
Program Assistant

Anthony Casaus  
General Services

David Maccornack  
Cook

Adrian Luna  
Kitchen Aid

Frank Franco  
Kitchen Aid

Upcoming  
Closures



Closed February 17th

# 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.



**Los Volcanes Super Bowl Party!**  
**Wednesday, February 5th**  
**1:30 pm - 3 pm**  
**Wear Your Team Gear & get ready for an afternoon full of Games. Food & Fun!**

## Senior Citizens Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.

**Thursday, February 27, 2025**

**10 am - 12 pm**

**\*Sign up at front desk\***

## Frauds & Scams Seminar



**Knowledge is a powerful defense**

**Tuesday, February 18, 2025**

**3pm - 4pm**

**Sign-up required**



## Karaoke Dreamin'



**Join us Wednesday, February**

**19th, from 10 am-11:30 am**

**Have a blast singing your favorite songs!**

## GEHM CLINIC

**Tuesday & Wednesday**

**February 25 & 26 8:30am-12pm**



Partnering with University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!

## AARP Driver Safety Course

**Monday, February 3, 2025**

**12 pm - 4 pm**



**Cost: \$20 for AARP members, \$25 for non-members**



**Los Volcanes will be CLOSED Monday, February 17th in Observance of President's Day**



## 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.

**February 6th & 20th 2025**

**(1st & 3rd Thursday mornings)**

**10 am - 12 pm**

**\*appointment required**

**Sign up at the front desk\***










**Dine in lunch is served 11:30 am - 1:00 pm Monday - Friday.  
Please call 767-5999 to make your reservation by 1:00pm the day prior.**



# FEBRUARY 2025

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>3</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>♦ Brussel Sprouts</li> <li>♦ Mixed Berries</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Memphis Dry-Rubbed Chicken</li> <li>♦ Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Mandarin Orange</li> <li>♦ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll/ Margarine</li> <li>♦ Warm Cinnamon Apple Chunks</li> <li>♦ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Pork Chop</li> <li>♦ Mashed Potatoes</li> <li>♦ Crispy Roasted Brussel Sprouts</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 
<p>10</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Mushroom &amp; Green Beans</li> <li>♦ Diner Roll with Margarine</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Turkey w/ Gravy</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Steamed Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Red Chile Cheese Enchilada</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables/ Calabacitas</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Baked Cod with Tarter Sauce</li> <li>♦ Brussel Sprouts</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Valentine Cookie</li> <li>♦ 1% milk</li> </ul> 
<p><b>CLOSED</b> 17</p> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Baked Ham with Pineapple Sauce</li> <li>♦ Sweet Potatoes</li> <li>♦ 5 Way Vegetables</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Sliced Apple</li> <li>♦ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti</li> <li>♦ Brussel Sprout</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>♦ Tilapia with Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 
<p>24</p> <ul style="list-style-type: none"> <li>♦ Red Chile Beans</li> <li>♦ Crispy Roasted Cauliflower with Pumpkin Seeds</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Brownie</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Brown Rice</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>♦ Diced Pork with Gravy</li> <li>♦ Steamed Green Beans</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Veggie Green Chili Cheeseburger</li> <li>♦ Sweet Potato Mash</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Spinach</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 

**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.

# Daily Classes and Activities

## Monday

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



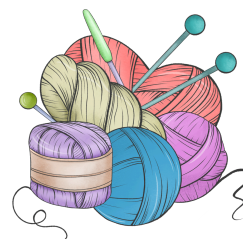
## Tuesday

Billiards: 8 am - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Painting: 9 am - 11 am  
Open Computer Lab: 9 am - 4:45 pm  
Bible Study: 9:30 am - 11 am  
Swedish Weaving: 12 pm - 2 pm (Class full, Waitlist Available)  
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 - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Open Computer Lab: 9 am - 4:45 pm  
Crochet: 9 am- 12 pm  
Pottery(Intermediate): 9 am - 12 pm  
Fishing Club Meetings: 9 am - 10 am  
Pickleball: 9:30 am - 11 am (5th Wed.)  
Poker: 12: 30 pm- 4:30 pm  
Pinochle: 12:30 pm - 4:30 pm  
Tin Class: 1:30 pm - 4 pm  
Intermediate Classical Guitar: 1:30 pm- 3 pm (Class full, Waitlist Available)



## Thursday

Fishing Club Trip: Time is TBA  
Billiards: 8 am - 6:45 pm  
Puzzle: 8:00 am - 6:45 pm  
Sketching: 9 am - 11 am  
Porcelain Dolls: 9 am - 11 am  
Open Computer Lab: 9 am - 6:45 pm  
Line Dancing (Beginning): 9:30 am- 11 am  
Mah Jongg: 12:30 pm - 4:30 pm  
Poker: 12 pm - 5:30 pm  
Spite and Malice: 12:30 pm - 3:30 pm  
Origami: 1:30 pm - 3:30 pm  
Pottery: Open Studio: 1:30 pm - 4:30 pm  
Afternoon Dance: 1:30 pm - 4: 15 pm  
Pickleball: 4:30 pm - 6:30 pm

## Friday

Billiards: 8 am - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Flea Market: 8 am - 11 am  
Ceramics: 9 am - 12 pm (Class is full waitlist available)  
Open Computer Lab: 9 am - 4:45 pm  
Classical Guitar Group: 10 am - 12 pm  
Flea Market Lottery: 10:15 am (Last Friday of month)  
The Hooked Generation-Crochet: 1:30 pm - 3: 30 pm  
Bingo: 2 pm - 4 pm

## Saturday

Billiards: 9 am - 12:45 pm  
Puzzle: 9 am - 12:45 pm  
Open Computer Lab: 9 am - 12:45 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.



**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**

**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¢**

**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 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

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

**Thank you in advance for your cooperation.**

# Upcoming Events

Trips!



## Valentine's Day Dance

Thurs. Feb. 13  
1:30 pm-4 pm

\$3 membership required



Dance your hearts out to the tunes of **Los Hermanos**

## Rail Runner Trip to the Santa Fe New Mexico History Museum

**Free Admission 60+**  
**Lunch at your own expense**

February 5th  
Depart 8:45 am  
Return 5 pm



## Thursday Afternoon Dance


**\$3 with Current Membership**  
**Thursdays 1:30 pm - 4 pm**

February 6  
Enchanted Four

February 13  
Los Hermanos

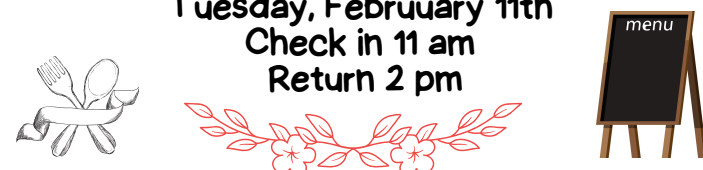
February 20  
Latin Soul

February 27  
La Raza

## Mystery Lunch Trip with Angel

Tuesday, February 11th  
Check in 11 am  
Return 2 pm



## Hiking

Wednesday, February 12, 2025 - Santa Fe River Rail Trails  
(Sign up Wednesday, January 29th)  
Check in at 8am

Wednesday, February 26, 2025- Domingo Baca to Waterfall Sandia Wilderness  
(Sign up Wednesday, February 12th)  
Check in at 8am

**SIGN UP AT THE FRONT DESK!**



**DATE** February 26, 2025

**\$5 Hair cuts (tips appreciated)**

Sign in - 9 am  
Depart - 9:20 am  
Arrive back at center -12 pm

**Sign up at the front desk!**



**AVEDA INSTITUTES**



Los Volcanes Sweet Shop

**ICE CREAM SOCIAL**  
(1ST WEDNESDAY OF THE MONTH)  
FEBRUARY 5TH  
10 AM UNTIL SUPPLIES ARE GONE.



**PIE SOCIAL**  
(2ND WEDNESDAY OF THE MONTH) FEBRUARY 12TH  
10 AM UNTIL SUPPLIES LAST

## Georgia O'Keeffe Museum

Tuesday, Feb. 18th

Check In : 10 am  
Return : 3 pm  
(Approx.)  
Admission : \$22

Lunch to follow in Santa Fe at your own expense. Bring cash

