

January 2023

New Group:

Albuquerque Senior Rockhound Group

Meetings: 1st + 3rd Thursdays, 12:00 p.m. - 1:00 p.m.

Field Trips: 2nd + 4th Thursdays TBD

We are a group of explorers that head to the hills and valleys around our beautiful state. We love to collect rocks, flora, and other unique items from public lands. If you like to get out and enjoy nature this group is for you!

New Years Celebration

Join us as we bring in the New Year with music and light refreshments! Everyone is welcome to celebrate the start of 2023 with us!

Thursday, January 5

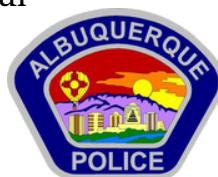
1:30 p.m. - 3:30 p.m.



BILLIARDS WITH A COP

Stop by and shoot some pool with APD! Get to know the brave officers who protect our community!

Friday, January 13 starting at 2:00 p.m.



NEW PROGRAM: Reflexology!

2nd Tuesday of the month, starting

January 10 starting at 9:00 a.m.

Reflexology is a hands-on modality that relaxes and restores the body working the hands and/or feet



Center Hours

Mon, Tue, Wed, Fri: 8:00 a.m.-5:00 p.m.

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

America Bencomo, Center Manager

Micheal Duran, Program Coordinator

Rath Chaleunphonh, Office Assistant

Nastasia Lane, Program Assistant

Reina Goode, Program Assistant

Anthony Casuas, General Services

Francisco Ramirez, Cook

Adrian Luna, Kitchen Aid

CLOSURE

- Monday, January 2 in honor of the New Years Holiday
- Monday, January 16, in honor of Martin Luther King Jr. Day

ONE
ALBUQUERQUE

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.

Department of Senior Affairs

Senior Companion Program

Are you 55 or over and looking for a meaningful way to spend some time? The City of Albuquerque Senior Companion Program (SCP) Needs You!

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members. All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of 10 hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage and meal reimbursements, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Get involved. Stay active. Make a difference for someone in need. Join SCP today. Call (505) 764-1007 for more information.



**AmeriCorps
Seniors**



Message from the Director

Happy New Year!

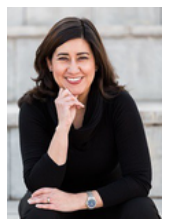
As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit cabq.gov/seniors or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Events and Activities

State Legislature Watch Party

We will be taking a trip to North Valley Senior Center for a senior forum watch party

Thursday, January 5

Check in: 8:45 a.m.

Depart: 9:00 a.m.

Return: 3:00 p.m.

(Approx.)

Sign up at the front desk

Senior Day @ NM Legislature

Join us as we take a trip to Santa Fe for Senior Day @ the NM Legislature!

Thursday, January 19

Check in: 8:00 a.m.

Depart: 8:15 a.m.

Return: 4:00 p.m.

(Approx.)

Sign up at the front desk

AARP Driver Safety Course

Monday, January 9 (Waitlist)

Monday, February 6

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

Call 505-767-5999 to Register

Cost: \$20 for AARP Members,

\$25 for non-members



Driver Safety

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, January 25

8:30 a.m. - 12:00 p.m.

Thursday Afternoon Dances

Dance to live music

Thursdays 1:30 p.m. to 4:00 p.m.

\$3 with current membership!



Thursday, January 5: Impression

Thursday, January 12: De Luz

Thursday, January 19: Chile Beans Express

Thursday, January 26: Enchanted Four

Los Volcanes Flea Market

Fridays from 8:00 a.m. - 11:00 a.m.

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

Friday, Jan. 27 is the Lottery at 10:15 a.m.



Waitlist Available on open tables, first come first serve

Movie Matinee

Join us for movies and Popcorn at no charge!

Afternoon Movie:

Wed. January 25, starts

@ 2:00 p.m. We'll be

showing: **TBA**



AARP Tax-Aide

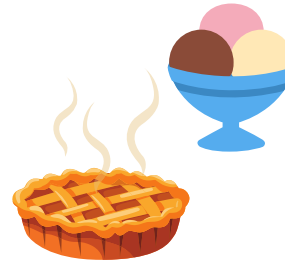
AARP will be doing taxes here at LVSC

from **Friday, Feb. 3 - Friday, Apr. 14**

Check with us in early January for appointment sign up!

Dessert Social

Join us for monthly dessert socials with all the fixings!



Ice Cream Social

Wednesday, January 4

10:15 a.m. - 11:15 a.m.

Pie Social

Friday, January 20, 10:15 a.m. - 11:15 a.m.

Monthly Birthday Party

Come celebrate with us!

Friday, January 6

from 10:00 a.m. - 11:30 a.m.

Sponsored By  **OAK STREET HEALTH**



Daily Classes and Activities

Monday

Wood Working: 8:30 a.m. - 10:30 a.m.
Billiards 8:00 a.m. - 4:45 p.m.
Garden Viewing/Discussion: 8:00 a.m. - 4:45 p.m.
Ceramics: 9:00 a.m. - 12:00 p.m.
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)
Woodcarving (Power): 1:30 p.m. - 3:30 p.m.
Pickleball: 1:30 p.m. - 4:00 p.m.



Tuesday

Billiards: 8:00 a.m. - 4:45 p.m.
Garden Viewing/Discussion: 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.
Alzheimer's Association Meeting: 9:30 a.m. - 10:15 a.m. (3rd Tuesday)
Swedish Weaving: 12:00 p.m. - 2:00 p.m.
Mexican Train: 12:45 p.m. - 4 p.m.
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.
Garden Viewing/Discussion: 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: 9:00 a.m. - 12:00 p.m.
Fishing Club Meetings: 9:00 a.m. - 10:00 a.m.
Morning Movie Matinee: 9:00 a.m. - 11:15 a.m. (Next Showing Mar. 8)
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wednesday)
Ice Cream Social: 10:15 a.m. - 11:15 a.m. (1st Wed.)
Poker: 12:30 p.m. - 4:30 p.m.
Pinochle: 12:30 p.m. - 4:00 p.m.
Tin Class: 1:30 p.m. - 4:00 p.m.
Afternoon Movie Matinee (Last Wed.): 2:00 p.m. - 4:00 p.m.



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.
Garden Viewing/Discussion: 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.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Poker: 12:00 p.m. - 5:30 p.m.
ABQ Rockhounds Group Meeting: 12:00 p.m. - 1 p.m.
ABQ Rockhounds Group Trip: Time is TBA
Spite and Malice: 12:30 p.m. - 3:30 p.m.
Open Pottery 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.
Garden Viewing/Discussion: 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.
Birthday Party Celebration: 10:00 a.m. - 11:00 a.m. (1st Friday)
Beginning Classical Guitar Group: 10:00 a.m. - 12:00 p.m. 12:00 p.m. - 2:00 p.m.
Pie Social: 10:15 a.m. - 11:15 a.m. (3rd Friday)
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.
Garden Viewing/Discussion: 8:00 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.

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January 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed in Observance of New Year's Day	<ul style="list-style-type: none"> ♦ Beef Tips w/Gravy/Pasta ♦ Green Peas ♦ Bread Stick ♦ Greek Yogurt ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Omelet w/Cheese/Veggies ♦ Diced Red Potatoes ♦ Peach Cobbler ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Turkey Pot Pie ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Pork chop with Rice ♦ Seasonal Vegetable ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
9	10	11	12	13
<ul style="list-style-type: none"> ♦ Baked Tilapia ♦ Collard Greens ♦ Corn Bread ♦ Cookie ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Chicken Alfredo w/Green Chile ♦ Sliced Carrot ♦ Steamed Broccoli ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Roast Beef w/Brown Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Sweet and Sour Pork ♦ Brown Fried Rice ♦ Stir Fry Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 
16	17	18	19	20
Closed for Martin Luther King Day	<ul style="list-style-type: none"> ♦ Green Chile Chicken Posole ♦ Fajita Blend ♦ Cabbage ♦ Vanilla Pudding ♦ Flour Tortilla ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Ziti ♦ Green Beans ♦ Breadstick ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Roasted Pork Loin ♦ Seasonal Vegetable ♦ Brussel Sprouts ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Sloppy Joes ♦ Tater Tots ♦ Broccoli ♦ Seasonal Fruit ♦ 1% Milk 
23	24	25	26	27
<ul style="list-style-type: none"> ♦ Chicken Parmesan ♦ Ancient Grain ♦ Cauliflower ♦ Mandarin Orange ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Mixed Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Cheeseburger ♦ French Fries ♦ Bell Pepper & Onions ♦ Banana ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Cod ♦ Lemon Butter Orzo ♦ Spinach & Onions ♦ Applesauce ♦ Dinner Roll ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Cheese Omelet & Hash Browns ♦ Stewed Tomatoes ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
30	31	1	2	3
<ul style="list-style-type: none"> ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Green Chile Beef Enchiladas ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 

BREAKFAST MONDAY - FRIDAY 8AM - 9AM

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 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¢**



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**

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



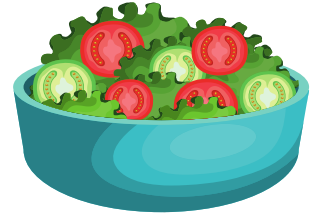
A LA CARTE MENU MONDAY - FRIDAY 11:30 A.M. - 1 P.M.



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.

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