



2024

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW

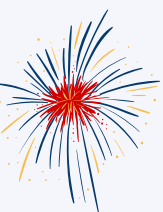
87121 505.767.5999

cabq.gov/seniors

Welcome to Los Volcanes



JULY IS NAMED AFTER ROMAN GENERAL JULIUS CAESAR (NOT JULIO , THE CENTER MANAGER), WHO WAS BORN IN THIS MONTH.



JULY IS IN THE SUMMER SEASON IN THE NORTHERN HEMISPHERE AND ONE OF THE WARMEST MONTHS. IN THE SOUTHERN HEMISPHERE, JULY IS ONE OF THE COLDEST MONTHS.

THE BIRTH STONE FOR JULY IS THE RUBY, WHICH SYMBOLIZES CONTENTMENT, PASSION, AND LOVE.

JULY 4 IS INDEPENDENCE DAY, WE CELEBRATE THE ADOPTION OF THE DECLARATION OF INDEPENDENCE FROM ENGLAND IN 1776.



THE MANHATTAN PROJECT'S TRINITY TEST WAS THE FIRST ATOMIC BOMB DETONATION. THE SITE IS LOCATED IN ALAMOGORDO NEW MEXICO & TOOK PLACE ON JULY 16, 1945

Join us for our Independence Day Celebration on the patio!
 Wednesday, July 3rd from 1pm-1:30 pm
 Dance in the Social Hall with Milagro
 1:30-3:30 pm

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

- Julio Santiesteban
Center Manager
- Rath Chaleunphonh
Office Assistant
- Nastasia Lane
Program Assistant
- Reina Goode
Program Assistant
- Anthony Casaus
General Services
- David Maccornack
Cook
- Adrian Luna
Kitchen Aid
- Frank Franco
Kitchen Aid

Upcoming Dates & Announcements

Center Closure
Thursday July 4th



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



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.

GEHM CLINIC

Wednesday, July 24th 8:30 p.m. - 12:00 p.m.

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!



Porcelain Dolls Class

Every Thursday, 9:00 a.m. - 11:30 a.m.

The Los Volcanes Porcelain Dolls group is seeking new members! For your first project you will have access to supplies, materials, and firing equipment. Join us and learn how to make your own porcelain doll!



DSA Advisory Council

July 15, 2024, starting at 12:00 p.m.

North Domingo Baca Multigenerational Center
3825 4th NW, 87107

LVSC Plant Exchange

Bring a plant take a plant.

When: July 15th

Time 9:00 am - 1:00 pm



TECH THURSDAYS BY TELEVEDA
THURSDAY, JULY 25TH
10:00 AM TO 11:00 AM
SIGN UP AT THE FRONT!



Line Dancing (Beginning)

Thursdays from 9:30 a.m. - 11:00 a.m.

Join our revamped beginning line dancing class open for anybody who loves to line dance or wants to learn line dancing!



Smartphone Assistance

Need assistance with your smartphone? Stop by and receive this help.

Thursday mornings from 8:30 a.m. - 10:30 a.m.

sign up at the front desk

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.

July 18, 2024

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



***appointment required**

Sign up at the front desk*

Senior Citizens Law Office

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

July 25, 2024

10:00 a.m. - 12:00 p.m.

Sign up at front desk



Ice Cream Social

July 3rd 10 am - while supplies last

Pie Social

(Second Wednesday of the Month)

JULY 10th am - while supplies last



AARP DRIVER SAFETY

Monday, July 1st **SIGN UP AT THE FRONT DESK!**
12:00 pm - 4:00 pm

\$20 for AARP members, \$25 non-AARP members

Next Class: Monday, August 5th

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)**

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.

Swedish Weaving: 12:00 p.m. - 2:00 p.m. **(Class full, Waitlist Available)**

Waitlist Available)

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.

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)**

Available)

Fishing Club Meetings: 9:00 a.m. - 10:00 a.m. **(Class Full, Waitlist Available)**

Available)

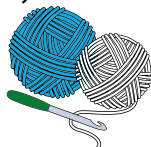
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)

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.

Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**

front desk)

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.

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: 10:00 a.m. - 12:00 p.m.

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.



July 2024

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
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk	4 ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk	5
8 ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk	10 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk	11 ♦ Pasta primavera ♦ Sautéed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk	12 ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk	16 ♦ Sweet & Sour chicken w/ stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie ♦ 1% milk	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk
22 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk	1 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk

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

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.



Upcoming Events

The Film Fiesta Bringing Down the House



Wednesday, July 10th
(Second Wednesday of the Month)

Starting time: 1:30 pm

Popcorn free with movie!



Movie Subject to change

Thursday Afternoon Dances \$3 w/ current membership

Wednesday, JULY 3 Milagro



Thursday, JULY 11 la Raza

Thursday, JULY 18 Amistad



Thursday, JULY 25 Paul Pino & The Tone Daddies

HIKING



SIGN UP AT THE FRONT DESK!

**CHECK IN 8:00 AM
DEPART 8:15 AM
RETURN 3:30 PM**

Tingley Beach to Bike & Coffee-JULY 3RD
La Luz Spur; Kiwanis Cabin Loop-JULY 17
Ellis 10k Del Agua Overlook-July 31st

TRIPS

HAIRCUT AT  **AVEDA INSTITUTES**

DATE **Cost \$5**

Wednesday, JULY 17, 2024

Sign in-9:00 Am

Depart-9:20 Am

Arrive back at center-2:00 p.m

SIGN UP AT THE FRONT DESK!



ORIGAMI IN THE GARDEN AT BOX STUDIO & SCULPTURE GARDEN IN SANTA FE

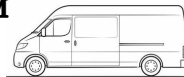
Walking the garden usually takes about 40mins, then visitors can experience an interior "Inside Out" paper folding and unfolding exhibit in the Gallery Gift Shop. When on this private property, visitors are invited to take photos, use the parasols, grab a map and always stay on the paths.

TUESDAY, JULY 9TH

DEPARTURE: 8:30 AM - RETURN: 4:00 PM

ENTRANCE FEE: \$5/PERSON

LUNCH AT YOUR OWN EXPENSE



The Hunt for the Best Green

Chili Burger with Angel

(Mystery Trip, Location on date of trip)

July 9th

Check in 11:00 am

Return 2:00 pm

Lunch at your own expense

EL Rancho De Las Golondrinas

THURSDAY, JULY 25

CHECK IN 9:00 AM

RETURN: 5:00 PM

ADMISSION FEE: \$6.00 (EXACT AMOUNT)

LUNCH AT YOUR OWN EXPENSE



El Rancho de los Golondrinas

Take a journey to the past at "The Ranch of the Swallows." This historic ranch, now a living history museum. Located on 500 acres in a rural farming valley just south of Santa Fe, New Mexico

VIRTUAL DRIVES THROUGH THE CAMERA EYE

Thursday, July 25

Time:4:00-5:00pm

Description: Come join Los Volcanes in the computer lab, as Ernest Rodarte will be sharing dash cam movies to various destinations in New Mexico.

The very best of the 50's, 60's, 70's & 80's music played in the background. Seating unlimited!!

Date recorded: June 13, 2024

2023 Fall Drive to the Gillmen Tunnels & U.S Forest Road 376. Approximately 55mins
July 2024 = Us Forest Road 151

Chama/Burns Canyon Drive. 1Hr 5 mins
August 2024 - Pecos Drive TBD