

June 2024

Los Volcanes Senior Center Newsletter
6500 Los Volcanes Rd , NW 87121
505.767.5999
cabq.gov/seniors

Welcome to Los Volcanes



Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,
Anna M. Sanchez, Director

Sites that are open during our closure:
Meal Services will be offered at the following locations:
Barelas-714 Seventh St SW 505-764-6436
Highland- 131 Monroe St NE 505-767-5210
Palo Duro-5221 Palo Duro Ave NE 505-888-8102
Bear Canyon- - 4645 Pitt St NE 505-767-5959

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

Matthew Montoya
Program Coordinator

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

Los Volcanes Senior Center will be **CLOSED** starting June 1, 2024 through June 9, 2024 for Employee Training and Facility Maintenance.

We will resume normal business hours on June 10, 2024. Thank you for your cooperation!
Center

Closure: June 19th -Juneteenth

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 AND DENTAL

Wednesday, June 26 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

June 17, 2024, starting at 12:00 p.m.
North Valley Senior Center
3825 4th NW, 87107r



**TECH THURSDAYS BY
TELEVEDA
THURSDAY, JUNE 27TH
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.



June 20, 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.



Thursday, June 27th, 2024

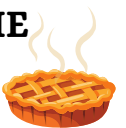
10:00 a.m. - 12:00 p.m.

Sign up at front desk

PIE SOCIAL (SECOND WEDNESDAY OF THE MONTH)

JUNE 12TH

10 AM UNTIL SUPPLIES LAST



AARP DRIVER SAFETY

Monday, July 1st

12:00pm -4:00 pm

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

**SIGN UP AT THE
FRONT DESK!**

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. **(Starting back up in July)**

Woodcarving (Power): 11:00 a.m. - 2:30 p.m.

Pickleball: 1:30 p.m. - 4:00 p.m.



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

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)**

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)**

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.

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.

**ONE
ALBUQUE
ROQUE**

June 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 |
|--|--|--|---|---|
| 27  | 28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk  | 29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk  | 30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk  | 31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk  |
| 3 ♦ BBQ chicken sandwich ♦ Sweet potato ♦ Apple cobbler ♦ 1% milk  | 4 ♦ Greek pasta salad w/ ham ♦ Cucumber & red onion salad w/ranch dressing ♦ White crackers ♦ Mandarin oranges ♦ 1% milk  | 5 ♦ Red chile omelet ♦ Steamed potatoes ♦ Stewed tomatoes ♦ Green apple ♦ 1% milk  | 6 ♦ Mushroom Swiss veggie burger ♦ Steamed broccoli ♦ Corn bread ♦ Whole grain wheat ♦ Diced peaches ♦ 1% milk  | 7 ♦ Beef steak w/grilled onions ♦ Mashed potatoes ♦ Steamed green beans ♦ Vanilla pudding ♦ 1% milk  |
| 10 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk  | 11 ♦ Salisbury steak w/ mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk  | 12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk  | 13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk  | 14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk  |
| 17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk  | 18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk  | 19  | 20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk  | 21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk  |
| 24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk  | 25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk  | 26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk  | 27 ♦ Southwest omelet w/ red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk  | 28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk  |

LOS VOLCANES CLOSED THIS WEEK

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.

LOS VOLCANES SENIOR CENTER PRESENTS:

The Film Fiesta



Wednesday, JUNE 12th
(Second Wednesday of the Month)

Starting time: 1:30 pm

Popcorn free
with movie!



Movie Subject to change

Thursday Afternoon Dances

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

\$3 with current membership!



Father's Day Dance

(Free entry for the guys)

Thursday, JUNE 13

Chili Bean Express



Thursday, JUNE 20

Enchanted Four

Thursday, JUNE 27

Latin Soul

SANTA BARBARA MARTINEZTOWN

Join us to the grand opening of our newest center

Tuesday, June 11th

9:30 am- 1:30 pm

1825 Edith Blvd NE

Albuquerque N.M 87102

Festivities Include :

Ribbon cutting, Live entertainment, refreshments,
building tours, class demos and much more.

For transportation to the event sign up at the front desk

A day in Madrid

June 25

Check in 10:00 am

Return: 4:00 pm

Lunch at your own expense

Madrid is on the Turquoise Trail between Albuquerque
and Santa Fe. Was a coal mining town back in the day.

Now it's an artist town with lots of shops and galleries.

Fun to spend some time going through the shops, and

lunch at Mine Shaft, try the famous Green Chili Cheese

burger at the Mine Shaft Tavern

TRIPS

SANTA FE NATIONAL CEMETARY

Wednesday, June 12

**SIGN UP AT THE
FRONT DESK!**

Depart 8:15 am

Return 4:30 pm

HIKING

BATTLESHIP ROCK TO
MCCAULEY HOT SPRINGS

JUNE 19TH

**SIGN UP AT THE
FRONT DESK!**

CHECK IN 8:00 AM

DEPART 8:15 AM

RETURN 3:30 PM



SAFETY CULTURE AWARD

ON MAY 17TH, 2024 THE CITY OF ALBUQUERQUE RISK MANAGEMENT/LOSS PREVENTION RECOGNIZED THE SENIOR AFFAIRS DEPARTMENT. THIS AWARD IS GIVEN TO INDIVIDUALS OR WORK SECTIONS THAT HAVE OUTSTANDING CONTRIBUTIONS TO THE SAFETY OF THEIR ENVIRONMENT. CONGRATULATIONS TO OUR OWN ANTHONY CASAS FOR YOUR COMMITMENT TO KEEPING A SAFE WORK ENVIROMENT FOR EMPLOYEES AND MEMBERS.



HAIRCUT AT Aveda INSTITUTES

DATE

Wednesday, JUNE 26, 2024

Sign in-9:00 Am

**SIGN UP AT THE
FRONT DESK!**

Depart-9:20 Am

Arrive back at center-2:00 p.m

Cost \$5

