

March



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



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

5th Annual Billiards Tournament Winners:
1st Place- Ted Castillo
2nd Place- John Garcia
3rd Place- Jose Rendon



And the Winner is...



Thanks again to our Billiards Tournament Sponsors!



Also, special thanks to our volunteer Glenn, for all of his help!

MEDICARE Health Benefits

A non-government entity, health insurance agency

Your Local Health Insurance Resource Center is NOW OPEN!

- Medicare Advantage Plans
- Medicare Supplement Plans
- Prescription Drug Plans (PDP)
- Affordable Care Act (ACA)
- Turquoise Care (Medicaid)

Call to make an appointment with a licensed agent
Walk-ins Welcome

(505) 355-5966

This is a solicitation for insurance. No sale or no obligation to enroll. A licensed insurance agent will be present to answer your questions, and to provide you with information and health plan materials. For accommodations of persons with special needs an appointment will be made (7-11). This event is sponsored by Medicare Health Benefits, LLC and its affiliates. Our insurance agency is not connected with or endorsed by the U.S. Government or the federal Medicare program. Medicare Health Benefits, LLC is a licensed and qualified representative of Medicare Advantage (MA), PDP and PDPB organizations and non-federal prescription drug plans with a Medicare contract. Enrollment in any plan depends on several factors. We do not offer any plan available to your area. Currently we represent 13 organizations which offer 133 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program director to get information on all of your options. The plans we represent and their descriptions are not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion.



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.



Sign up at the front desk for tech help! Thursday, March 27th 3pm - 5pm

Senior Citizens Law Office
Provides general legal information.
Divorces, wills and criminal issues are not included.
Thursday, March 27, 2025
10 am - 12 pm

Sign up at front desk for one-on-one

COFFEE WITH CONSTITUENTS

Thursday, March 13th, 2025
9:30 AM- 10:30 AM



Karaoke Dreamin'

Join us Wednesday, March 12th, from 10 am-11:30 am
Have a blast singing your favorite songs!



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.



March 6th & 20th 2025
(1st & 3rd Thursday mornings)
10 am - 12 pm

***appointment required**
Sign up at the front desk*

GEHM CLINIC
Tuesday & Wednesday
March 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, March 3, 2025
12 pm - 4 pm



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

DSA Advisory Council Meeting

March 17, 2025 12pm
Palo Duro Senior Center
5221 Palo Duro NE 87110























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

**ONE
ALBUQUE
RQUE**

MARCH 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> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>4</p> <p>Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>5</p> <p>Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz</p> 	<p>6</p> <p>Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz</p> 	<p>7</p> <p>Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz</p> 
<p>10</p> <p>Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz</p> 	<p>11</p> <p>Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>12</p> <p>Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz</p> 	<p>13</p> <p>Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>14</p> <p>Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz</p> 
<p>17</p> <p>Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz</p> 	<p>18</p> <p>Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>19</p> <p>Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz</p> 	<p>20</p> <p>Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>21</p> <p>Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz</p> 
<p>24</p> <p>Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>25</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>26</p> <p>Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>27</p> <p>Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz</p> 	<p>28</p> <p>Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz</p> 

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
Beginning Guitar: 1:30 pm - 2:30 pm



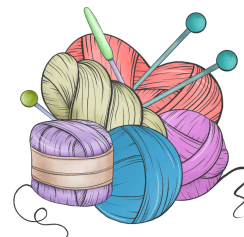
Tuesday

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 AM - 9 AM.

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

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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

Trips!

SPRING CLEAN FLEA MARKET

Tuesday, March 25th, 2025
8:30 AM- 11:00 AM

Spring into savings and declutter your life!!

Tables \$2, must be a current member.
Tables available for purchase beginning March 3rd, 2025.

50+ SENIOR TECH CONNECT

SAVE THE DATE!

APRIL 11, 2025

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

ONE ALBUQUE RQUE senior affairs **diverseIT.**

Free Ride!
Santa Fe National Cemetery

Sign Up at Front Desk

April 9, 2025 | May 14, 2025 | June 11, 2025

Thursday Afternoon Dance

\$3 with Current Membership

Thursdays 1:30 pm - 4 pm

March 6
Desert Springs

March 13
Chili Bean Express

March 20
Antonio y Los Unicos

March 27
Paul Pino & the Tone Daddies

ABQ BioPark Aquarium Trip & Lunch

Friday, March 7th, 2025

- Check in: 9:00 AM
- Depart: 9:15 AM
- Return: 2:30 PM (approx.)

Admission: Age 65+ \$5.50
BRING CASH FOR LUNCH!!
MUST be a current member.

ONE ALBUQUE RQUE senior affairs

WHEELS MUSEUM & LUNCH

Monday, March 24, 2025

check in: 9:00 AM
return: 2:00 PM (Approx.)
Admission: \$5

MUST be a current member!

PLEASE BRING CASH FOR LUNCH!!

ONE ALBUQUE RQUE senior affairs

Mystery Lunch Trip with Angel

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

menu

Hiking

SIGN UP AT THE FRONT DESK!

Wednesday, March 12, 2025 - Las Huertas Open Space
(Sign up Wednesday, February 26th)
Check in at 8am

Wednesday, March 26, 2025- Cerrillos Hills State Park
(Sign up Wednesday, March 12th)
Check in at 8am

Vote for your favorite Mardi Gras Mask

Monday, March 3rd

Voting from 10:30 am - Noon

Our Ceramics class has been making some amazing Mardi Gras Mask. Come vote for your favorite mask and get some Mardi Gras beads

Los Volcanes Sweet Shop

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

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

\$5 Hair cuts (tips appreciated)

DATE
March 19, 2025

Sign in - 9:15 am
Depart - 9:30 am
Arrive back at center - 12:30 pm

Sign up at the front desk!

AVEDA INSTITUTES



Message from Dir. Sanchez:

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

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