

# MAY



## LINE DANCING (BEGINNING) RETURNS!

**Beginning Thursday, May 4  
from 9:30 a.m. - 10:30 a.m.**

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



## ACUPRESSURE

**Mondays from 9:00 a.m. - 1:00 p.m.  
with Linda Leatherman**



Acupressure is a form of Chinese medicine, which restoring harmony in the body, mind and spirit. Focus primarily on physical pain, my particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system

## CINCO DE MAYO JAM SESSION

Join us as we celebrate Cinco De Mayo! We will have light refreshments and music by Mr. Gill One Man Show

**Wednesday, May 3 starting at 10:45 a.m.**

**Sponsored by:**



## INTRO COMPUTER HELP

Have questions about navigating emails, opening, closing browsers or just computer basics?

Drop in and receive this help by Robert!

**Tuesday afternoons from  
1:00 p.m. - 4:00 p.m.**

**\*sign up at the front desk\***

\*Assistance is in 30 min. increments\*



## SMARTPHONE ASSISTANCE

Do you have questions about your smart phone or just need assistance with it?

Stop by and receive this help.

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

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

## 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

## Special Dates & Announcements

- 05/03/23: Cinco De Mayo Jam Session
- 05/12/23: Tarde De Oro (Sign up at front desk)
- 05/29/23: CLOSED for Memorial Day



**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.

### National Senior Health and Fitness Day

Join us for our 2nd annual DSA Sports and Fitness National Senior Health and Fitness Day at North Domingo Baca!

**Wednesday, May 31, 2023**  
**from 9:00 a.m. - 12:00 p.m.**



"Fitness Knows No Age!"

### Monthly Birthday Party

Come Celebrate with us!

**Wednesday, May 10**  
**10:15 a.m. - 11:15 a.m. or until sold out**  
Sponsored by



### Teeniors

Teeniors are tech savvy teens and young adults that assist with teaching seniors how to use tech through one-on-one coaching. Whether you have questions about your phone, computer or anything online. our goal is to empower you to connect with your loved ones, engage with your community and the world through technology, while provided paid, meaningful jobs for NM youth!

**RSVP Required**  
**May 2, 4, 9, 11, 16, 18, 23, 25**  
**3:00 p.m. - 5:00 p.m.**  
Here at LVSC



### Thursday Afternoon Dances

Thursdays 1:30 p.m. to 4:00 p.m.  
\$3 with current membership!

**Thursday, May 4: Pure Gold**  
**Thursday, May 11: La Raza**  
**Thursday, May 18: Paul Pino and Tone Daddies**  
**Thursday, May 25: Chile Beans Expresso**

### Dessert Social

Join us for monthly dessert socials with all the fixings from  
**10:15 a.m. - 11:15 a.m. or until sold out**  
**Ice Cream Social: Thur. May 4**  
**Pie Social (3rd Thursday): Thur, May 18**



### Shot Clinic

Covid Vaccine and Covid Booster  
No appointment necessary

**Tuesday, May 23**  
**9:00 a.m. - 12:00 p.m.**



### 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, May 24**  
**8:30 a.m. - 12:00 p.m.**



## Daily Classes and Activities

### Monday

Woodcarving: 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.  
Acupressure: 9:00 a.m. - 1:00 p.m. **(NEW)**  
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): 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.  
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.  
Reflexology: 9:00 a.m. - 12:00 p.m. **(Sign up w/ Sylvia, see front)**  
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. **(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.  
Intro Computer Help: 1:00 p.m. - 3:00 p.m. **(Sign up at front desk)**  
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(Intermediate): 9:00 a.m. - 12:00 p.m. **(Class Full, Waitlist Available)**  
Fishing Club Meetings: 9:00 a.m. - 10:00 a.m.  
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wednesday)  
Ice Cream Social: 10:15 a.m. - 11:15 a.m. or sold out (1st Wed.)  
Monthly Birthday Celebration: 10:15 a.m. - 11:15 a.m. or sold out (2nd 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.  
Pie Social: 10:15 a.m. - 11:15 a.m. or sold out (3rd Thu.)  
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.  
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.  
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.)  
Beginning Classical Guitar Group: 10:00 a.m. - 12:00 p.m. 12:00 p.m. - 2:00 p.m.  
Flea Market Lottery: 10:15 a.m. (Last Friday of month)  
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.

**ONE  
ALBUQUE  
ROQUE**

# May 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 chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<ul style="list-style-type: none"> <li>◆ Bake Ziti w/ Spinach</li> <li>◆ Green Beans</li> <li>◆ Garlic Breadstick</li> <li>◆ Diced Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon w/Garlic Butter Sauce</li> <li>◆ Steamed Carrots</li> <li>◆ Seasoned Orzo</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef/Broccoli/Pepper/ Onions</li> <li>◆ Stir Fry Vegetable</li> <li>◆ Brown Rice</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken Salad</li> <li>◆ Baked Potato Chips</li> <li>◆ Coleslaw</li> <li>◆ Sliced Wheat Bread</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Carne Adovada: Diced Pork/Red Chile</li> <li>◆ Roasted Street Corn</li> <li>◆ Pinto Beans</li> <li>◆ Flour Tortilla</li> <li>◆ Tapioca Pudding</li> <li>◆ 1% Milk</li> </ul> 
8	9	10	11	12
<ul style="list-style-type: none"> <li>◆ Baked Lemon Pepper Chicken</li> <li>◆ Brown Rice</li> <li>◆ Seasoned Beets</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Diced Beef/Green Chile</li> <li>◆ Calabacitas</li> <li>◆ Pinto Beans</li> <li>◆ Flout Tortilla</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork</li> <li>◆ Noodles</li> <li>◆ Oriental Blend</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Tilapia w/Cajun Buttered Sauce</li> <li>◆ Seasonal Potatoes</li> <li>◆ Roasted Brussels Sprouts</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sliced Turkey w/Gravy</li> <li>◆ Cranberry Cornbread Stuffing</li> <li>◆ Seasonal Vegetable</li> <li>◆ Pumpkin Pudding</li> <li>◆ 1% Milk</li> </ul> 
15	16	17	18	19
<ul style="list-style-type: none"> <li>◆ Baked Cod w/Tarter Sauce</li> <li>◆ Ancient Grains</li> <li>◆ Steamed Green Peas</li> <li>◆ Diced Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Chicken Alfredo w/Pasta</li> <li>◆ Normandy Blend</li> <li>◆ Whole Grain Dinner Roll w/Margarine</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Seasonal Vegetables</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Eggs Salad Sandwich</li> <li>◆ Carrot Raisin Salad</li> <li>◆ Watermelon</li> <li>◆ Sliced Wheat Bread</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ BBQ Pulled Pork</li> <li>◆ Macaroni and Cheese</li> <li>◆ Spinach w/Diced Tomatoes &amp; Onions</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 
22	23	24	25	26
<ul style="list-style-type: none"> <li>◆ Swedish Meatballs w/Gravy</li> <li>◆ Brown Rice</li> <li>◆ Garlic Brussel Sprout</li> <li>◆ Blueberries</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Garlic Tilapia</li> <li>◆ Mashed Sweet Potatoes</li> <li>◆ Seasoned Vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Bean/Cheese Burrito</li> <li>◆ Diced Potatoes w/ Onions</li> <li>◆ Spinach</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken Tetrazzini</li> <li>◆ Green Peas</li> <li>◆ Garlic Breadstick</li> <li>◆ Mixed Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Roast Beef/Sliced Cheese/Hoagie</li> <li>◆ Lettuce/Tomatoes</li> <li>◆ Potato Salad</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul> 
29	30	31	1	2
◆ CLOSED	<ul style="list-style-type: none"> <li>◆ Baked Potato Broccoli/ Cheese/Sour Cream</li> <li>◆ Fajita Blend Vegetables</li> <li>◆ Garlic Mushrooms</li> <li>◆ Granola Bar</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Soft Tacos•Beef/ Cheese</li> <li>◆ Pinto Beans/Green Chile/Onion</li> <li>◆ Warm Sliced Apples</li> <li>◆ Lettuce/Tomatoes</li> <li>◆ Flour Tortilla/Salas</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheese Omelet</li> <li>◆ Hash Browns</li> <li>◆ Spinach</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Greek Pasta Salad: Diced Ham</li> <li>◆ Creamy Cucumber/ Red Onion Salad</li> <li>◆ Wheat Crackers</li> <li>◆ Strawberries</li> <li>◆ 1% Milk</li> </ul> 

## **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 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 no bills larger than  
\$10.00\***



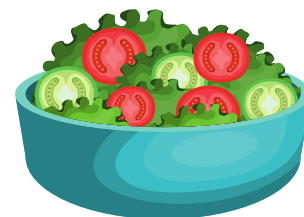
# A LA CARTE MENU MONDAY - FRIDAY 11:30 A.M. - 1:00 P.M.



**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.**

**ONE  
ALBUQUE  
RQUE**