

May 2024

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

Welcome to Los Volcanes

Immerse yourself in a month brimming with enriching activities and genuine connections here at Los Volcanes Senior Center.

From the spirited Cinco de Mayo festivities, with the vibrant melodies of De Luz and a nacho bar, outings to the Santa Fe National Cemetery and the cultural wonders of Tarde De Oro at the historic Kimo Theater, there's a wealth of experiences awaiting you.

Also don't forget to check out our exclusive screening of 'Avatar: Way of the Water.

For a complete list of all the events and activities we have to offer at Los Volcanes, and all other DSA locations check our website at cabq.gov/seniors

Happy Mothers day to all moms, everywhere, and thank you for everything you do!

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!

National Senior Health and Fitness Day

Wednesday May 29, 2024
North Domingo Baca
9:00am to 12:00pm

Fitness Demonstrations,
Health Vendors,
Giveaways, Prizes, Snacks
and more

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

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, May 29 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!

AARP Driver Safety Course

Monday, May 6, 2024

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

Call 505-767-5999 to register
cost: \$20 for AARP members,
\$25 for non-members



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!



Wednesday, May 8
3:00 p.m. - 5:00 p.m.
Teeniors at Los Volcanes
Teeniors (tech-savvy teens who help seniors learn technology) will be here at Los Volcanes!
Sign up at the front desk

TECH THURSDAYS BY TELEVEDA
THURSDAY, MAY 30TH
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.

May 16, 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, May 23, 2024

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

Sign up at front desk

DSA Advisory Council

May 20, 2024, starting at 12:00 p.m.

Administrative office

1 Civic Plaza NW, 6th Fl Ste 6007



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.
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.
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.
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.
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. **(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.
Garden Viewing/Discussion: 8:00 a.m. - 6:45 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.

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.)
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.
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.



May 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
29	30	1	2	3
<ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Green beans ◆ Sweet potatoes ◆ Diced peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Fajita blend vegetables ◆ Brown rice ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef stir fry ◆ Steamed carrots ◆ Orzo ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Southwest omelet w/ red chile ◆ Diced potatoes ◆ Stewed tomatoes ◆ Cantaloupe ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Diced beets ◆ Baked cinnamon apples ◆ 1% milk 
6	7	8	9	10
<ul style="list-style-type: none"> ◆ Beef tips w/bowtie pasta ◆ Normandy blend vegetables ◆ Cherry cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Red chile beef enchilada ◆ Spanish rice ◆ Pinto beans ◆ Jell-O ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Teriyaki chicken ◆ White rice ◆ Green beans ◆ Apple slices ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Tilapia over brown rice w/lemon sauce ◆ Cauliflower ◆ Green beans ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork chop w/brown gravy ◆ Mashed potatoes ◆ Roasted Brussel sprouts ◆ Vanilla pudding ◆ 1% milk 
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Ground beef w/diced tomato & cheese ◆ Calabacitas ◆ Pinto beans ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Cajun tilapia ◆ Brussel sprouts ◆ Cornbread ◆ Strawberries ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Sweet and sour pork w/pineapple ◆ Brown rice ◆ Steamed carrots ◆ Honeydew ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Elbow cheese macaroni w/broccoli ◆ Brussel sprouts ◆ Whole wheat breadstick ◆ Cottage cheese w/peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken breaded patty w/white gravy ◆ Mashed potatoes ◆ Beets ◆ Orange ◆ 1% milk 
20	21	22	23	24
<ul style="list-style-type: none"> ◆ Red chile beans w/ beef, cheese, onions ◆ Corn bread ◆ Peach cobbler ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked cod w/tartar sauce ◆ Brown rice ◆ Steamed carrots ◆ Pear ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked chicken thigh ◆ Collard greens ◆ Succotash ◆ Pineapple chunks ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Mushroom swiss veggie burger ◆ Steamed broccoli ◆ Sweet potatoes ◆ Oatmeal cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Sweet potato ◆ Peas and carrots ◆ Watermelon ◆ 1% milk 
27	28	29	30	31
	<ul style="list-style-type: none"> ◆ Sliced turkey w/gravy ◆ Stuffing ◆ Beets ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Carne adovada ◆ Corn w/peppers ◆ Broccoli, cauliflower, carrots ◆ Honeydew ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Whole wheat rotini pasta w/sauce & parmesan cheese ◆ Spinach w/onions ◆ Corn ◆ Peanut butter cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Steamed potato ◆ Green beans ◆ Cantaloupe ◆ 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

LOS VOLCANES SENIOR CENTER PRESENTS:

The Film Fiesta

Wednesday, MAY 8th

(Second Wednesday of the Month)

Starting time: 1:30 pm

Popcorn free

with movie!

Movie Subject to change



Trips!

DATE

MAY 9, 2024

Sign in-8:00 Am

Depart-8:15 Am

Arrive back at

center-4:30 Pm

SANTA FE NATIONAL CEMETARY

Entry Cost

-Free

Entry Cost

-Free

-Meal at own

expense bring cash

check is together.

TARDE DE ORO AT THE

KIMO THEATER

DATE

MAY 15, 2024

-Sign in-12:45 Pm

-Depart-1:00 Am

-Arrive back at

center.

Thursday Afternoon Dances

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

\$3 with current membership!



Thursday, MAY 2

DE LUZ

Thursday, MAY 9

(Mother's Day Dance)

Ladies get in FREE

ANTONIO Y LOS UNICOS



Thursday, MAY 16

PAUL PINO AND THE TONE DADDIES

Wednesday, MAY 22

LA RAZA



Thursday, MAY 30

MILAGRO

DATE

MAY 8, 2024

Sign in-9:00 Am

Depart-9:20 Am

Arrive back at center-12:00 Pm

HAIRCUT AT



Sign up at

the front!

Entry

Cost

\$5



PRESENTATIONS

BCBS WANTS TO HEAR FROM YOU!

BLUE CROSS AND BLUE SHIELD OF NEW MEXICO IS OPENING A BLUE DOOR NEIGHBORHOOD CENTER NEAR YOU. IT WILL OFFER MEMBERS AND THE COMMUNITY ACCESS TO HEALTH CARE SERVICES AND RESOURCES AT NO COST.

SIGN UP AT THE FRONT TO BE PART OF THE CONVERSATION, BCBS WANTS YOUR INPUT AS TO WHAT HEALTH SERVICES AND RESOURCES YOU WOULD LIKE TO SEE AVAILABLE AT THE BLUEDOOR NEIGHBORHOOD CENTER.

COMPLIMENTARY PIZZA FROM GOLD STREET PIZZA AND BREW WILL BE SERVED.

SPACE IS LIMITED

When: Fridays,

May 10 & May 17

Time: 1:30 - 2:30 p.m.



ICE CREAM SOCIAL (FIRST WEDNESDAY OF THE MONTH) MAY 1ST 10 AM UNTIL SUPPLIES LAST

PIE SOCIAL (SECOND WEDNESDAY OF THE MONTH) MAY 8TH 10 AM UNTIL SUPPLIES LAST



OTERO CANYON EAST LOOP MAY 8TH CHECK IN 8:00 AM DEPART 8:15 AM RETURN 2:30 PM



HIKING



EL MALPAIS NARROW MAY 22ND CHECK IN 8:00 AM DEPART 8:15 AM RETURN 5:30 PM

SIGN UP AT THE FRONT DESK!