

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors



**MONTHLY KARAOKE  
WEDNESDAY, NOVEMBER 2  
1:30 - 4:00PM**

Join us the **1st Wednesday of every month** for Karaoke!  
Show off your singing skills to your favorite songs! Everyone is welcome!

**Center Hours**

**Mon, Tue, Wed, Fri: 8a-5p**

**Thur: 8a - 7p**

**Sat: 9a-1p**

**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

**VETERANS DAY APPRECIATION EVENT**

Join us as we honor the brave men and women who served our country! If you're a Veteran, sign up for this event @ the front desk!

**Wed. November 9**

**9:30 a.m. - 10:45 a.m.**

**DSA 3RD ANNUAL POOL TOURNAMENT HOSTED BY LOS VOLCANES**



Show off your pool tournament skills with our annual pool tournament! All skill levels welcome, sign up is from

Oct. 17 - Nov. 9, limited to 32 spots, \$10 entry fee

Tournament takes place **Wednesday, November 16**

**starting at 9:15 a.m.**

Sponsored by:



**Prime Time Publishing**

**MEDICARE FAIR**

**Tuesday, November 1 from 9:15 a.m. -10:15 a.m.**

Join us for this great, informational fair on Medicare and what options suit you!

**Closed**

Los Volcanes will be

**CLOSED Friday, November 11 in honor of Veterans Day**

**CLOSED Thursday (Nov. 24), and Friday (Nov. 25) for the Thanksgiving Holiday**



Accredited by   
National Institute of Senior Centers

## 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.

### Ageless Artisan Fair-Winter Edition

Just in time for holiday shopping!

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics,

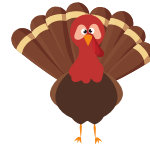
photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM - 1PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH SE 87123

Want to sell your works at the fair? Artisan and Crafter applications available at front desk. Application submission deadline is October 17, 2022.



### THANKSGIVING LUNCHEON

The Annual Thanksgiving Holiday Lunch will be hosted by Palo Duro Senior Center, reservations will open this month on **October 24th**. Thanksgiving Lunch Tickets are \$4.00, please contact Palo Duro Senior Center at 505-888-8102 for payment and reservation information



### CHRISTMAS LUNCHEON

The Annual Christmas luncheon will be hosted by Los Volcanes on Sunday, **December 25, 2022** from

**11 a.m. - 1 p.m.**

Tickets go on sale November 21

\$4 per person

Soothing Entertainment by:

Calvin Appleberry!



Driver Safety

### AARP Driver Safety Course

**Monday, Dec. 5 (Waitlist)**

**Monday, Jan 9**

**12 pm - 4 pm**

Call 505-767-5999 to Register

Cost: \$20 for AARP Members,

\$25 for non-members

### BIRTHDAY PARTY CELEBRATION!

Come Celebrate your birthday with us!

Friday, November 4

10am - 11am

Sponsored By:

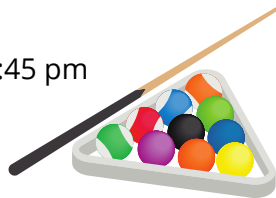


OAK STREET HEALTH

## Daily Classes and Activities

### Monday

Woodworking: 8:30 am - 10:30 am  
Billiards 8 am - 4:45 pm  
Garden Viewing/Discussion 8 am - 4:45 pm  
Ceramics: 9 am - 12 pm  
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)  
Woodcarving (Power): 1:30 pm - 3:30 pm  
Pickleball: 1:30 pm - 4 pm



### Tuesday

Billiards: 8 am - 4:45 pm  
Garden Viewing/Discussion 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: 12:00 pm - 2 pm  
Mexican Train: 12:45 pm - 4 pm  
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  
Garden Viewing/Discussion 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: 9 am - 12 pm  
Fishing Club Meetings: 9 am - 10 am  
Morning Movie Matinee: 9 am - 11:15 am (**Next Showing Dec. 14**)  
Pickleball: 9:30 am - 11 am (5th Wednesday)  
Ice Cream Social: 10:15 am - 11:15 am (1st Wed)  
Poker: 12:30 pm - 4:30 pm  
Pinochle: 12:30 pm - 4 pm  
Tin Class: 1:30 pm - 4 pm  
Karaoke: 1:30 pm - 4:00 (1st Wednesday)  
Afternoon Movie Matinee (Last Wed.): 2 pm - 4 pm  
DoTERRA Essential Oils (2nd Wed.): 2 pm - 3:30 pm



### Thursday

Fishing Club Trip: Time is TBA  
Billiards 8 am - 6:45 pm  
Puzzle: 8 am - 6:45 pm  
Garden Viewing/Discussion 8 am - 6:45 pm  
Sketching: 9 am - 11 am  
Porcelain Dolls: 9 am - 11 am  
Open Computer Lab: 9 am - 6:45 pm  
Mah Jongg: 12:30 pm - 4:30 pm  
Poker 12 noon - 5:30 pm  
Spite and Malice: 12:30 pm - 3:30 pm  
Open Pottery 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  
Garden Viewing/Discussion 8 am - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Flea Market: 8 am - 11 am  
Ceramics: 9 am - 12 pm  
Open Computer Lab: 9 am - 4:45 pm  
Birthday Party Celebration: 10 am - 11 am (1st Friday)  
Beginning Classical Guitar Group: 10 am - 12 pm  
Pie Social: 10:15 am - 11:15 am (3rd Friday)  
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  
Garden Viewing/Discussion 8 am - 12:45 pm  
Salsa Aerobics: 9:30 am - 10:30 am  
Zhineng Qigong: 9:30 am - 11 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.

## Thursday Afternoon Dances

Dance to live music

Thursdays 1:30pm to 4:00pm

\$3 with current membership!



Thursday, November 3: Impression

Thursday, November 10: Chile Beans Express

Thursday, November 17: Milagro

Thursday, November 24: NO DANCE (Center Closed)

## Los Volcanes Flea Market

**Fridays from 8am - 11am**

Last Friday of the month is the lottery for a chance to get a table.

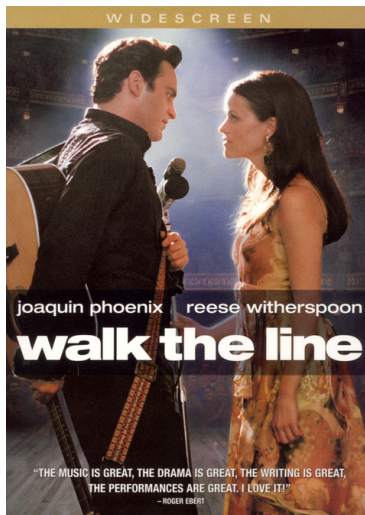
**Friday, Nov. 18 is the Lottery at 10:15 am**



\*Waitlist Available on open tables, first come first serve\*

## Movie Matinees

Join us for movies and Popcorn at no charge!



**Afternoon Movie:  
Wed. Nov. 30, starts  
@ 2 p.m.**

We will be showing  
**Walk The Line**

## 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.

Tuesday, November 22

Wednesday, November 23

**8:30am - 12:00pm**



## Dessert Social

Join us for monthly dessert socials with all the fixings!

**Ice Cream Social**

**Wednesday, November 2**

**10:15 am - 11:15 am**



**Pie Social**

**Friday, November 18, 10:15 am - 11:15 a.m.**



## Vaccine Clinic

Covid Vaccine & Covid Booster, No appointment necessary

**Tuesday, November 15**

**9 am - 12 pm**

Sponsored By Best Buy Drugs



## Birthday Party Celebration

Come Celebrate your birthday with us!

**Friday, November 4**

**10am - 11am**

Sponsored By:



**OAK  
STREET  
HEALTH**

**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.**



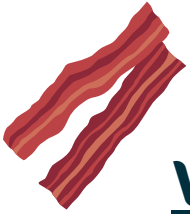
# November 2022



*We reserve the right to alter the menu due to food availability,  
 which includes closures due to inclement weather or any emergency .*

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<ul style="list-style-type: none"> <li>◆ Salisbury Steak W/ Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ Whole Grain Dinner Roll W/Margarine</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour Chicken W/Stir Fry Vegetables</li> <li>◆ Seasonal Vegetables</li> <li>◆ Brown Rice</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheese Omelet W/ Mushrooms</li> <li>◆ Stewed Tomatoes</li> <li>◆ Diced Potatoes</li> <li>◆ Whole Grain Biscuit W/Margarine</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ Pork</li> <li>◆ Roasted Sweet Potatoes</li> <li>◆ Collard Greens</li> <li>◆ Watermelon</li> <li>◆ Whole Grain Dinner Roll W/Margarine</li> <li>◆ 1% Milk </li> </ul>	<h2>Closed</h2> <h2>Veterans</h2> <h2>Day</h2>
14	15	16	17	18
<ul style="list-style-type: none"> <li>◆ Lemon Garlic Salmon/ Ancient Grain Blend</li> <li>◆ Green Beans</li> <li>◆ Succotash</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Meatballs W/Marinara Sauce</li> <li>◆ Steak Fries</li> <li>◆ Seasonal Vegetables</li> <li>◆ Banana</li> <li>◆ Whole Grain Hoagie Roll</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Seasoned Chicken W/Rice Pilaf</li> <li>◆ Diced Beets</li> <li>◆ Roasted Brussel Sprouts</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spinach &amp; Onions</li> <li>◆ Pinto Beans</li> <li>◆ Flour Tortilla</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pasta Primavera W/Stir Fry Vegetables &amp; Alfredo Sauce</li> <li>◆ Steamed Zucchini</li> <li>◆ Breadstick</li> <li>◆ Seasonal Fruit</li> <li>◆ Yogurt</li> <li>◆ 1% Milk </li> </ul>
21	22	23	24	25
<ul style="list-style-type: none"> <li>◆ Breaded Cod W/ Tartar Sauce over Brown Rice</li> <li>◆ Spinach W/Onions</li> <li>◆ Cauliflower</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheese Omelet W/ Mushrooms</li> <li>◆ Stewed Tomatoes</li> <li>◆ Hash Browns</li> <li>◆ Whole Grain Biscuit W/Margarine</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roasted Turkey W/ Combread Stuffing &amp; Gravy</li> <li>◆ Seasoned Green Beans</li> <li>◆ Bake Yams W/ Marshmallows </li> <li>◆ Dinner Roll W/ Margarine &amp; Cranberry Sauce</li> <li>◆ Pumpkin Empanada &amp; Pumpkin Pie</li> </ul>	<p><b>Holiday Closed</b></p> <p>The Department of Senior Affairs Senior Meal Program is proud to be part of the <b>New Mexico Grown</b> state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p> 	<p><b>Holiday Closed</b></p> <p>The Department of Senior Affairs Senior Meal Program is proud to be part of the <b>New Mexico Grown</b> state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p> 
28	29	30	Dec. 1	Dec. 2
<ul style="list-style-type: none"> <li>◆ Breaded Catfish W/ Tatar Sauce over Brown Rice</li> <li>◆ Stewed Tomatoes</li> <li>◆ Collard Greens</li> <li>◆ Pineapple</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti W/Meat Sauce</li> <li>◆ Sliced Mushrooms</li> <li>◆ Italian Blend Vegetables</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork Chop W/ Roasted Sweet Potatoes</li> <li>◆ Green peas</li> <li>◆ Seasonal Vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Diced Tomatoes</li> <li>◆ Bell Peppers W/ Onions</li> <li>◆ Mixed Fruit</li> <li>◆ Whole Grain Hamburger Bun</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ Baked Chicken W/Ancient Grains</li> <li>◆ Green Beans</li> <li>◆ Corn</li> <li>◆ Croissant W/ Margarine</li> <li>◆ Grapes</li> <li>◆ 1% Milk </li> </ul>

# BREAKFAST MONDAY - FRIDAY 8AM - 9AM



## WEEKLY BREAKFAST

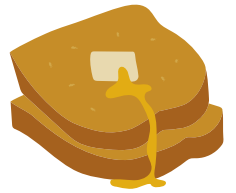
**Full:** 2 Eggs, toast or tortilla, potatoes, & choice of bacon or sausage **\$1.50**

**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¢**

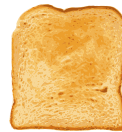
Hash Browns: **.30¢**

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 HAVE SMALL BILLS WHEN  
PAYING FOR BREAKFAST**

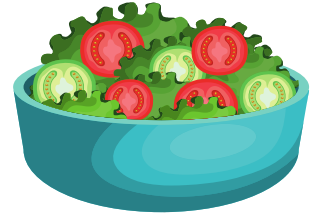
# A LA CARTE LUNCH MENU



**Hot or Cold Sandwich: \$1.50**

**Hot: ABQ Turkey**

**Cold: Ham and Cheese**

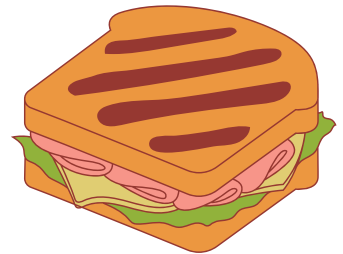
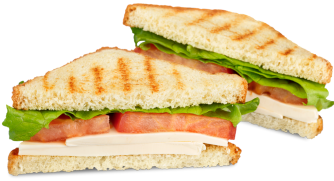


**Small Salad: \$1.00**

**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**