

November

Upcoming Closures

Los Volcanes will be **CLOSED** the following days:

- **Friday, November 10, in honor of Veterans Day**
- **Thursday, November 23 and Friday, November 24 in honor of Thanksgiving**

★ ★ ★ ★ ★
VETERANS DAY
 HONORING ALL WHO SERVED



Veterans Day Celebration

Wednesday, November 8, 9:30 a.m. - 11:00 a.m.

Join us as we honor the brave men and women with refreshments and a special gift for our Veterans! We'll also have entertainment by Shirlette Weathersby "Songbird in Flight"



"Your Money Matters"

Friday, November 17, 8:30 a.m. - 10:00 a.m.

Bernalillo County Treasurer Nancy M. Bearce and the Bernalillo County Assessor will be on hand to answer your property tax questions.



Medicare Fair

Tuesday, November 21, 9:00 a.m. - 11:00 a.m.

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you! Visit with experts and enter to win door prizes. Enrollment not necessary to win, no personal information will be disclosed for solicitation. Call 505-764-6400 for more information

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 Casaus, General Services

Francisco Ramirez, Cook

Adrian Luna, Kitchen Aid

Upcoming Dates & Announcements

11/17: Bernalillo County Treasurer/Assessor Table

12/01: Old Town Holiday Stroll Trip

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.

Senior Citizens Law Office

Provides general legal information.
Divorces, wills and criminal issues are not included.

Thursday, November 30
10:00 a.m. - 12:00 p.m.
Sign up at front desk



Line Dancing (Beginning)

Thursdays from 9:30 a.m. - 11:00 a.m.

***Back to basics starting in Nov.**

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



AARP Driver Safety Course

Monday, November 6, 2023
12:00 p.m. - 4:00 p.m.

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



Friendship Coffee

A cup of coffee shared with a friend is happiness tasted and time well spent.

Thursday, November 2, 9, 16
12:00 p.m. - 1:45 p.m.



Thursday Afternoon Dances

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

Thursday, November 2: De Luz

Thursday, November 9: Enchanted Four

Thursday, November 16: Chile Beans Express

Thursday, November 30: Milagro



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, November 29
8:30 a.m. - 12:00 p.m.



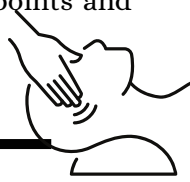
Acupressure

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

Sign up at the front desk, sessions are in 45 min. increments



DSA Advisory Council

Monday, November 20, 2023 at 12:00 p.m.

Manzano Mesa Multigenerational Center

501 Elizabeth St SE 87123

Foot Reflexology

Reflexology is a hands-on modality that relaxes and restores the body working the hands and/or feet.

Tuesdays 9:00 a.m. - 12:00 p.m.

Contact Catherine at 505-615- 4829 to schedule an appointment



DSA Annual Thanksgiving Luncheon

Please join us for the Department of Senior Affairs
Annual Thanksgiving Luncheon

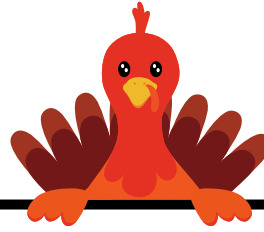
November 23, 11:00 a.m. - 1:00 p.m.,

Hosted by Bear Canyon Senior Center

Tickets are \$4.00

contact Bear Canyon at

505-767-5959 for more info



Old Town Holiday Stroll Trip

Join us for a special trip to the Old Town
Plaza to kick off the holiday season with

local music, food, and shopping!

All expenses on your own expense

Friday, December 1, 2023

Check in: 3:30 p.m.

Depart: 3:45 p.m.

Return: 7:30 p.m.

***Sign up at the front desk beginning Mon.**

November 13, 2023 at 9:00 a.m.



Take the Department of Senior Affairs

New Annual Survey!

The Department of Senior Affairs is launching a new annual survey this December and we want your feedback. The survey evaluates several of the department's programs, like: Meals, Transportation, Senior & Multigenerational Center Facilities, Fitness Center Facilities, Meal Site Facilities, Home Delivered Meals, Field Trips, Classes, and more.

Paper surveys will be available at center front desks starting next month. Look out for posters and flyers at your center with more information. The survey should take about 5-15 minutes to complete, depending on how many programs and services you use.

The Department of Senior Affairs is proud to serve you and we look forward to your participation in our annual survey and hearing your feedback.

ONE ALBUQUE RQUE senior affairs

AGELESS ARTISAN CRAFT FAIR

November 18, 2023
9 AM - 1 PM

North Domingo Baca Multigenerational Center
7521 Carmel NE 87113

Just in time for holiday shopping!
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

FEATURING
Arts & Crafts | Food Trucks | Live Music

cabq.gov/seniors

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. **(Sign up at front desk)**
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/ Catherine)**
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.
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)
Ice Cream Social: 10:15 a.m. - 11:15 a.m. or until sold out **(1st 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.
Afternoon Movie Matinee **(4th Wed., If applicable)**: 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.
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. **(Extra Time)**
Pie Social: 10:15 a.m. - 11:15 a.m. or until 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. **(1st & 3rd Thu.)**
ABQ Rockhounds Group Trip: Time is TBA **(2nd & 4th Thu.)**
Spite and Malice: 12:30 p.m. - 3:30 p.m.
Origami: 1:30 p.m. - 3:30 p.m. **(Sign up at front desk)**
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
RQUE**

November 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 |
|---|---|---|---|---|
| 30 | 31 | 1 | 2 | 3 |
| <ul style="list-style-type: none"> ◆ Pork Loin w/ gravy ◆ Rice pilaf ◆ Corn ◆ Dinner roll w/ margarine ◆ Pear ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Mummy loaf in swamp water (Meatloaf w/ gravy) ◆ Mashed potatoes ◆ Sliced carrots ◆ Jell-O ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Breaded chicken patty w/ green chile white gravy ◆ Sweet potato ◆ Green beans ◆ Apple slices w/ peanut butter cup ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Pot roast w/ potato, celery, carrots ◆ Italian blend ◆ Ancient grain ◆ Mandarin oranges ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Omelet w/ mushrooms, spinach ◆ Hash browns ◆ Vegetable blend ◆ Yogurt ◆ 1% milk  |
| 6 | 7 | 8 | 9 | 10 |
| <ul style="list-style-type: none"> ◆ Pork loin w/ gravy ◆ Rice pilaf ◆ Corn ◆ Dinner roll w/ margarine ◆ Diced pears ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Ham mac & cheese ◆ Normandy blend vegetables ◆ Cherry cobbler ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Breaded chicken patty w/ green chile white gravy ◆ Sweet potato ◆ Green beans ◆ Red apple ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Pot roast, potato, celery, carrots ◆ Italian blend vegetables ◆ Ancient grain ◆ Orange ◆ 1% milk  | <p>CLOSED</p>  |
| 13 | 14 | 15 | 16 | 17 |
| <ul style="list-style-type: none"> ◆ Steak fingers w/ white gravy ◆ Red potatoes ◆ Succotash ◆ Sugar cookie ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Ham w/ pineapple glaze ◆ Biscuit w/ margarine ◆ Sweet potato ◆ Mixed fruit ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Meatball sub sandwich w/ mozzarella ◆ Steak fries w/ ketchup ◆ Normandy blend ◆ Mandarin oranges ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Omelet w/ mushrooms & spinach ◆ Hash browns ◆ Stewed tomatoes ◆ yogurt ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Green chile chicken enchiladas ◆ Pinto beans ◆ Spanish rice ◆ Vanilla pudding ◆ 1% milk  |
| 20 | 21 | 22 | 23 | 24 |
| <ul style="list-style-type: none"> ◆ Cajun salmon ◆ Fettuccine alfredo ◆ Baby carrots ◆ Granny smith apple ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Beef w/ peppers & onions ◆ Black beans ◆ Imperial blend vegetables ◆ Banana ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Herb roasted turkey w/ gravy ◆ Stuffing w/ gravy ◆ Green bean casserole ◆ Dinner roll ◆ Pumpkin cake ◆ 1% milk  | <p>CLOSED</p>  | |
| 27 | 28 | 29 | 30 | 1 |
| <ul style="list-style-type: none"> ◆ Rotisserie chicken ◆ Rosemary potatoes ◆ Corn w/ red peppers ◆ Dinner roll w/ margarine ◆ Grapes ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Carne adovada/ red chile ◆ Flour tortilla ◆ Pinto beans ◆ Spanish rice ◆ Pineapple ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Beef tip w/ elbow macaroni ◆ Roasted carrots ◆ Sliced beets ◆ Vanilla pudding ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Pasta primavera w/ alfredo sauce ◆ Northwest blend vegetables ◆ Breadstick ◆ Peaches ◆ 1% milk  | <ul style="list-style-type: none"> ◆ Breaded cod fish w/ tartar sauce ◆ Steamed red potatoes ◆ Peas ◆ Orange ◆ 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.