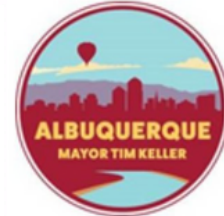


Los Volcanes Westside Rumor

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November



**LOS VOLCANES WILL BE
CLOSED THURSDAY NOV. 11 IN HONOR OF
VETERANS DAY & LOS VOLCANES WILL ALSO
BE **CLOSED THURS. NOV 25 & FRI. NOV. 26**
FOR THE THANKSGIVING HOLIDAY**

SPECIAL EVENTS (NOVEMBER)

**2ND ANNUAL POOL TOURNAMENT
9AM - 5PM
TUESDAY, NOVEMBER 18**

6500 Los Volcanes Rd NW 87121

505-767-5999

ncoa
National Institute of
Senior Centers

**" We are committed to providing resources with care and
compassion that help our community thrive while embracing
aging."**



Manager's Corner



November is here and so are the holidays. Soon we will be celebrating Veteran's day and Thanksgiving.

This year has come and gone so quickly and it has also taught us that life can change in an instant and that we must adapt based on the circumstances. Although it has been a challenging year for many of us, we have made the best of it. It is said that to reminisce is to re-live those happy and exciting moments. With that being said I would like to wish everyone a farewell. I am retiring after 27 years of service with the City of Albuquerque, it will be bittersweet, but an exciting moment in my life. My entire career has been with Senior Affairs. I am very grateful to this department and to the many opportunities that were given to me throughout the years.

27 years ago I started my career at Highland Senior Center. Shortly there after I became part of the RSVP team and a few years later moved into a management role at Manzano Mesa. I also had the opportunity to work at North Domingo Baca and finally at this lovely center... Los Volcanes. I leave with many wonderful memories, some challenges of course, but overall very rewarding. I will miss the many stories of bravery, life changing and happy moments all the members were willing to share with me.

Within the past five years we have made many accomplishments at Los Volcanes. We were able to remodel the restrooms. The center got a new roof and new heating and cooling. Thank you to the late Councilor Ken Sanchez and his generosity we were able to get brand new cabinets throughout the entire facility and some flooring. Councilor Lan Sena with her generosity helped with the rest of the flooring. We also got new computers in the computer lab and brand new furniture for the poolroom and lobby areas. An update on upcoming projects for Los Volcanes are a new street and building signage, within the next few months. The computer lab will get a new facelift, which will include a TV that will help serve as a projector and new computer furniture. Another project that has been in the works for a long time will finally become a reality. This center will be one of the first to get energy efficient lighting throughout the entire facility and to include the parking lot. This project is due to start January 2022.

Wishing everyone a Happy Holiday season and a Happy New Year 2022, full of hope and joy and may all your dreams come true! It was an honor working for the Department of Senior Affairs and all of its employees. I will leave with great memories, I don't say goodbye, but farewell

Participant Code of Conduct

In order that all users may have a pleasant experience at the center, participants 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 email.
5. Show courtesy to other participants and staff; respect decision 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. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. 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.

Please remember to visit the front desk to check in for your class.

Thank you!



Los Volcanes Hot Spot Gift Shop

Monday - Friday 9am - 1pm



Gift Shop

Los Volcanes Hours of Operation

Mon, Tue, Wed, Fri: 8am - 5pm

Thur: 8am - 7pm Sat: 9am - 1pm



IF YOU WOULD LIKE TO VOLUNTEER AT LOS VOLCANES, PLEASE SEE THE FRONT DESK STAFF. WE ARE LOOKING FOR VOLUNTEERS TO ASSIST WITH SPECIAL EVENTS, BINGO, & MORE.

Monthly Message from the Director

Happy Fall!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return of annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

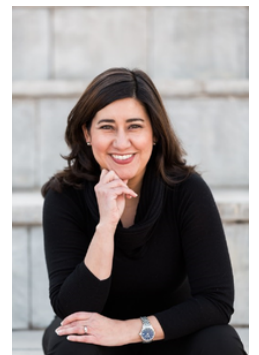
Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at cabq.gov/seniors for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,
Anna Sanchez

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MONDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Woodcarving: 8:30am - 10:30am
Pickleball: 9:30am - 11am
Rummikub: 12pm - 3pm
Woodcarving (Power): 1:30pm - 3:30pm

Tuesday

Billiards: 8am - 4:30pm
Puzzle: 8am - 4:30pm
Painting: 9am - 11am
Swedish Weaving: 9am - 11am
Bible Study: 9:30am - 11am
Mexican Train: 12:45pm - 4pm
Euchre: 12:30pm - 4:30pm
Mah Jongg: 12:30pm - 4:30pm
Salsa Aerobics: 2:30pm - 3:30pm



WEDNESDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Crochet: 9am - 12pm
Potter (Intermediate): 9am - 12pm
Fishing Club Meeting: 9am - 10am
Open Computer Lab: 9am - 1pm
Poker: 12:30pm - 4:30pm
Pinochle: 12:30pm - 4:30pm
Tin: 1:30pm - 4:00pm



WEEKLY ACTIVIES SCHEDULE



THURSDAY

Billiards: 8am - 6pm
Puzzle: 8am - 6pm
Porcelain Dolls: 9am - 11am
Drawing: 9am - 11am
Pinochle: 12:30pm - 6pm
Poker: 12:30pm - 4:30pm
Mah Jongg: 12:30pm - 4:30pm
Plastic Canvas: 1pm - 3pm

Friday

Billiards: 8am - 4:30pm
Flea Market: 8am - 11am
Open Computer Lab: 9am - 1pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Guitar Group: 10am - 12:30pm
Crochet: 1:30pm - 3:30pm
Bingo: 2pm - 4pm

SATURDAY

Billiards: 9am - 12:30pm
Puzzle: 9am - 12:30pm
Salsa Aerobics: 9:30am - 10:30am



THURSDAY AFTERNOON DANCE



Dance is held on Thursday from
1:30pm - 4:15pm
\$3.00 per person

November 4: Milagro

November 11: No Dance

November 18: Tierra Fina

November 25: No Dance

Senior Law Office
CANCELLED FOR NOV.

10am - 12pm

Please call 265-2300

to make an

appointment



Dessert Social
10:15am - 11:15am (\$0.75)

Ice Cream

Wednesday, Nov. 3



PIE

FRIDAY, NOV. 19



43rd Annual Conference on Aging Virtual Watch Party

The Annual Conference on Aging is virtual and the Department of Senior Affairs is hosting a watch party November 17th - November 18th so you won't miss it! Join us at Barelmas Senior Center, Manzano Mesa Multigenerational Center, or North Domingo Baca Multigenerational Center from 8:30am-2:00pm to view various workshop sessions. Free refreshments and giveaways to participants while supplies last.

BREAKFAST MONDAY - FRIDAY, 8AM - 9AM

Full: 2 eggs, toast, potatoes & choice of bacon or sausage: \$1.50

Mini: 1 egg, toast, potatoes, & choice of bacon or sausage: \$.75

Burrito: Egg, potato, cheese, choice of bacon or sausage & red/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

WEEKLY SPECIALS!

Mondays Only: English Muffin Sandwich: \$1.00

Tuesdays Only: Deluxe Burrito (Smothered, Lettuce, Tomato): \$1.50

Wednesdays Only: Omelet w/ Texas Toast (Ham, Bacon, Sausage, or Veggie): \$1.50



Thursdays Only: Biscuits & Gravy: \$1.00

Fridays Only: Huevos Rancheros: \$1.50

A La Carte

Pancake (1): Plain (\$.25), w/Fruit: \$.75

French Toast (1): Plain: (\$.25), W/Fruit: \$.75

Waffle (1): Plain: (\$1.00), W/Fruit+Cream: (\$1.50)

Oatmeal Cups: \$.70

Bacon or Sausage: \$.50

Eggs: \$.25 Each

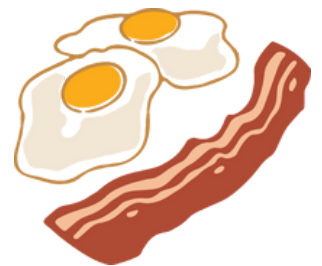
Potatoes: \$.30

2 Slices of Toast or 1 Tortilla: \$.20

Side of Red or Green Chile: \$.25

Milk or Small Orange Juice: \$.25

Large Orange Juice: \$.50



NOVEMBER LUNCH MENU

Lunch is from 11:30am - 1:00pm

Please call 767-5999 to make a reservation by 1pm for the next day

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 <ul style="list-style-type: none"> ◆ Pork Loin W/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll W/ Margarine ◆ Fruit cup ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Ham Mac & Cheese ◆ Normandy Blend ◆ Blueberry Crisp ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Breaded Chicken Patty W/ Green Chile White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Red Apple ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Pot Roast/ Potato, Celery, Carrots ◆ Italian Blend ◆ Ancient Grain ◆ Fruit cup ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ Omelet W/ Mushrooms & Spinach ◆ Hash Browns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% Milk 
8 <ul style="list-style-type: none"> ◆ Steak Fingers W/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Cookie ◆ 1% Milk 	9 <ul style="list-style-type: none"> ◆ Ham W/ Pineapple Glaze ◆ Biscuit ◆ Sweet Potato ◆ Fruit cup ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich W/ Mozzarella ◆ Steak Fries W/ Ketchup ◆ Normandy Blend ◆ Fruit cup ◆ 1% Milk 	11 <p style="text-align: center;">Closed Veterans Day</p>	12 <ul style="list-style-type: none"> ◆ Red Chile Cheese Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Pudding ◆ 1% Milk 
15 <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Baby Carrots ◆ Granny Smith Apple ◆ 1% Milk 	16 <ul style="list-style-type: none"> ◆ Beef W/ Peppers & Onions ◆ Black & Pinto Beans ◆ Imperial Blend ◆ Banana ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Spanish Rice ◆ Calabacitas ◆ Pudding ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork Sandwich ◆ Steamed Red Potatoes ◆ Baked Beans ◆ Fruit cup ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Northwest Blend ◆ Breadstick ◆ Cottage Cheese W/ Peaches ◆ 1% Milk 
22 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Green Beans ◆ Dinner Roll W/ Margarine ◆ 1% Milk 	23 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Fruit cup ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Herb Roasted Turkey W/ Gravy ◆ Stuffing W/ Gravy ◆ Baked Yams W/ Marshmallows ◆ Dinner Roll ◆ Pumpkin Pie ◆ 1% Milk 	25 <p style="text-align: center;">Happy  Thanksgiving! Closed</p>	26 <p style="text-align: center;">Holiday Closed</p>
29 <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Green Chili Gravy ◆ Corn ◆ Mashed Potatoes ◆ Dinner Roll W/ Margarine ◆ Yogurt ◆ 1% Milk 	30 <ul style="list-style-type: none"> ◆ Turkey Tetrizzini/ Diced Turkey, Penna Pasta, Alfredo Sauce ◆ Brussel Sprouts ◆ Peach Cobbler ◆ Breadstick ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Baked Tilapia W/ Lemon & Tartar Sauce ◆ Rice Pilaf ◆ Green Beans ◆ Pudding ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Chicken Parmesan W/ Mozzarella ◆ Carrots ◆ Breadstick ◆ Fruit cup ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Diced Pork W/ Gravy ◆ Brown Rice ◆ Oriental Blend ◆ Dinner Roll W/ Margarine ◆ Jell-O ◆ 1% Milk 