

OCTOBER

WHAT IS INDIGENOUS PEOPLES DAY?

Indigenous Peoples Day is a day to celebrate the Indigenous Peoples, who called this continent home and take the time as a nation to learn more about their history.

Los Volcanes will be CLOSED Monday, October 9 in observance of Indigenous Peoples Day



GHOULS & GAL'S AFTERNOON DANCE

Thursday, October 26, 2023, 1:30 p.m. - 3:30 p.m.

Join us for a spooktacular time with music, as we bring in the Halloween spirit, Costumes are optional!
Live music by Paul Pino & the Tone Daddies



LANDLORD-TENANT LAW PRESENTATION

Tuesday, October 24 2023, at 9:30 a.m.

Join Senior Citizens' Law Office to learn about the obligations and rights of landlords and tenants.
Note: the presenter will only be able to answer general questions, and cannot give personal legal advice. Sign up at the front desk or call 505-767-5999



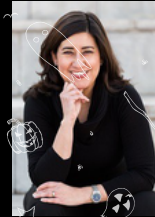
Center Hours

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

CLOSED Monday.

October 9 in honor of

Indigenous

Peoples Day



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, October 26
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.
(Extra time beginning in October!)

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



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 (1st Wed.): October 4
Pie Social (3rd Thursday): October 19



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



Shot Clinic

Covid Vaccine and Covid Booster
No appointment necessary

Tuesday, October 31
9:00 a.m. - 12:00 p.m.



Thursday Afternoon Dances

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

Thursday, October 5: Latin Soul

Thursday, October 12: Chile Beans Express

Thursday, October 19: Antonio y Los Unicos

Thursday, October 26: Paul Pino & The Tone Daddies



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, October 25
8:30 a.m. - 12:00 p.m.



DSA Annual Pool Tournament @ Los Volcanes

Wednesday, November 15 starting at 9:00 a.m.

Sign up begins on Monday, October 16. All skill levels welcome to participate!

- \$10.00 entry fee
- Must be current member



DSA Advisory Council

Monday, October 16 at 12:00 p.m.

Department of Senior Affairs

Information & Assistance Line Office

1620 1st St NW 87102

Ageless Artisan Craft Fair

Saturday, November 18, 2023,

9:00 a.m. - 1:00 p.m. at North Domingo Baca

Join us as many of our talented artisans from our senior and multigenerational centers show off their handiwork.



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

Intro to Reflexology the last Tuesday of the month from 8:30 a.m. - 9:00 a.m.



Vet To Vet Peer Support Group

Join us Thursday, October 19 10:30 a.m. - 12:00 p.m.

Here to assist Veterans and eligible family members with their benefits and services.
Contact Samuel L. Roy Jr. at 505-697-0095



Afternoon Movie Matinee

Wednesday, October 25 starting at 2:00 p.m.

Join us for FREE popcorn and a movie!

We'll be showing:

Abraham Lincoln Vampire Hunter



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

Senior Holiday Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season! The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations! Please see the front desk for a list of items needed.

Donations may be dropped off at any
CABQ Senior or Multigenerational Center until November 3.



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.



Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**

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.
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
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October 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
2	3	4	5	6
<ul style="list-style-type: none"> ♦ Chicken fajitas ♦ Flour tortilla ♦ Ranch beans ♦ Hot sliced apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef stroganoff w/bowtie pasta ♦ Cauliflower w/red peppers ♦ Breadstick ♦ Chocolate pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Omelet w/fajita blend ♦ Stewed tomatoes ♦ Tater tots ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Minestrone soup w/navy beans ♦ Corn bread ♦ Malibu blend ♦ Mixed fruit cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lemon pepper tilapia ♦ Rice pilaf ♦ Calabacitas ♦ Chocolate chip cookie ♦ 1% milk 
9	10	11	12	13
<p>CLOSED</p> 	<ul style="list-style-type: none"> ♦ Sweet & sour pork w/brown rice ♦ Stir fry blend vegetables ♦ Pineapple upside down cake ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Frito pie (beef, pinto beans, chile, cheese, onions) ♦ Fritos ♦ Normandy blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Fish nugget w/tarter sauce ♦ Crinkle cut fries ♦ Carrots & peas ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken and rice soup ♦ Cherry cobbler ♦ Spinach ♦ Crackers ♦ 1% milk 
16	17	18	19	20
<ul style="list-style-type: none"> ♦ Cottage pie: ground beef, mashed potato, peas & carrots ♦ Corn bread ♦ Blueberry crisp ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Open faced turkey sandwich w/gravy ♦ Yams ♦ Green beans ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti marinara w/squash ♦ Breadstick ♦ Malibu blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salisbury steak w/gravy ♦ Brown rice ♦ Peas ♦ Jell-O ♦ Dinner roll w/margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile stew (chicken & potatoes) ♦ Flour tortilla ♦ Pinto beans ♦ Sliced cinnamon apples ♦ 1% milk 
23	24	25	26	27
<ul style="list-style-type: none"> ♦ Beef tips w/gravy over egg noodles ♦ Brussel sprouts ♦ Peach cobbler ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken pot pie w/biscuit ♦ Diced beets ♦ Ancient grain ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked potato w/broccoli, cheese, sour cream ♦ Corn ♦ Baked beans ♦ Apple slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/garlic butter ♦ Orzo pasta ♦ Cauliflower ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham Mac & Cheese ♦ Cornbread ♦ Normandy bread ♦ Pineapple ♦ 1% milk 
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 ♦ Hashbrowns ♦ Vegetable blend ♦ Yogurt ♦ 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.