

**Happy
Halloween**

**ONE
ALBUQUE
RQUE**

October



**LOS VOLCANES WILL BE
CLOSED MONDAY, OCT. 11, IN HONOR OF
INDIGENOUS PEOPLE'S DAY**

**SPECIAL EVENTS
(OCTOBER)**

**OKTOBERFEST
1:30PM - 4:30PM
WED. OCT. 13**



**GHOSTBUSTERS EVENT
1:30PM - 3:30PM
WED. OCT. 27**



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

**6500 Los Volcanes Rd NW 87121
505-767-5999**

Los Volcanes Westside Rumor

Manager's Corner

As I sit here looking out my window and writing this article, I see the leaves on the trees begin to turn colors and fall. October will soon be upon us, pumpkins will soon be seen all over and kids will be out trick or treating. October will bring cooler temperatures and time to bring out our warm sweaters and jackets. Flu season is also upon us, at Los Volcanes our commitment is to keep everyone safe, we sanitize daily and often. Remember to wear your masks at all times and help keep everyone safe, including yourself. We welcome the fall season!

This year has been very challenging due to the pandemic and staff retiring or moving on to better and bigger things. I am very grateful to all CSEP staff, NICOA staff and center staff. We have been short handed three positions for almost half a year. Micheal and Anthony stepped up to the plate and helped to make sure this center stayed afloat. We hung in there as a team to make sure the services offered to our seniors did not decline and we could provide the best customer service possible to the best of our abilities. Just recently we had two new staff join the team. Please help me welcome Reina Goode and Rath Chaleunphonh. They both come to us with great customer service skills backgrounds. Please take some time to come and say hello and meet them. We hope to soon have a new Activities Coordinator on board.

We have several events coming up in October. Join us as we celebrate Octoberfest on Wednesday, October 13, at 1:30pm, great food and live entertainment by Die Polka Schlingel! Another first time event at Los Volcanes to help celebrate Halloween is the Ghostbusters Event. "Who you going to call?" Join us and find out on Wednesday, October 27, at 1:30pm, great entertainment by one of New Mexico's favorite...Donna Christine! We look forward to having everyone join us to these two exciting and fun events!

In closing, Los Volcanes made many accomplishments while we were closed. During the time, we got brand new furniture in the poolroom, lobby areas and office area. The entire facility was painted to give the center a more modern and clean look. A thank you to building maintenance, Anthony and staff. A tremendous thank you to Councilor Sena, for sponsoring the beautiful new flooring at the center. Wishing everyone a great October month!

Maria Agüero, Los Volcanes Senior Center Manager

ONE
ALBUQUE
RQUE



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



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.

Message from the Director



HELLO,

THE PAST 18-MONTHS HAS SHED LIGHT ON MANY NEW THINGS. A NEW WAY OF THINKING, A NEW WAY OF DOING, AND A NEW WAY OF BEING CONNECTED. DESPITE THE CHALLENGES ASSOCIATED WITH THE COVID-19 PANDEMIC, I CONTINUE TO BE INSPIRED BY THE RESILIENCE OF OUR MEMBERS AND THE ONE-ALBUQUERQUE COMMUNITY. THE ONE THING THAT WE HAVE LEARNED IS THAT WE ARE ALL IN THIS TOGETHER – TO HELP AND SUPPORT EACH OTHER – REGARDLESS OF THE OBSTACLES PLACED BEFORE US. WE RECOGNIZE THAT OUR CENTERS ARE SECOND HOMES TO MANY OF YOU, OFFERING PLACES TO CONNECT WITH FRIENDS OR LEARN NEW THINGS, AND WE APPRECIATE YOU CONTINUING TO WORK WITH US DURING THIS NEW NORM.

WE ARE CONTINUING TO ENCOURAGE OUR COMMUNITY TO STAY CONNECTED, WHETHER IT BE IN PERSON WITH SAFE PRACTICES IN PLACE OR ONLINE USING DIFFERENT FORMS OF TECHNOLOGY. WE KNOW MANY OF US MIGHT BE UNEASY ABOUT USING TECHNOLOGY AND WE ENCOURAGE YOU TO TAKE ADVANTAGE OF OUR FREE EDUCATION OFFERINGS MADE AVAILABLE THROUGH OUR PARTNERSHIP WITH DIVERSE IT – ADELANTE DEVELOPMENT CENTER. OUR GOAL IS TO HELP BRIDGE THE DIGITAL DIVIDE BY PROVIDING SMALL GROUP DEMONSTRATIONS AND ONE ON ONE MENTORING SESSIONS EMPOWERING OLDER ADULTS THE ABILITY TO NAVIGATE DIFFERENT APPLICATIONS TO STAY CONNECTED USING THEIR TECH DEVICES. WE ALSO HAVE SET UP A FREE SENIOR TECH HELP LINE TO ASSIST WITH ANY QUESTIONS YOU MAY HAVE ABOUT YOUR SMARTPHONES, LAPTOPS, DESKTOPS OR TABLETS. YOU CAN CALL 505-503-INFO (505-503-4636), MON - FRI, 9 A.M. TO 4 P.M. FOR ANY OF YOUR TECH HELP NEEDS.

WHILE WE HAVE COME FAR AND CONTINUE TO MAKE STRIDES, WE MUST NOT LOSE SIGHT OF THE IMPORTANCE OF STAYING HEALTHY AND CONTINUING TO SUPPORT ONE ANOTHER. I PERSONALLY HAVE SEEN MANY DEMONSTRATIONS OF EMPATHY, COMMUNITY, AND CARE; AND I AM VERY THANKFUL FOR THAT. PLEASE REMEMBER, IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO REACH OUT TO ME.

BEST,

ANNA SANCHEZ, DIRECTOR
DEPARTMENT OF SENIOR AFFAIRS



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

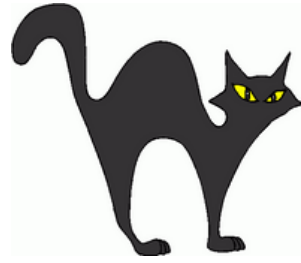
Billiards: 8am - 4:30pm
Puzzle: 8am - 4:30pm
Painting: 9am - 11am
Swedish Weaving: 9am - 11am
Salsa Etc.: 9:30am - 10:45am
Bible Study: 9:30am - 11am
Mexican Train: 12:45pm - 4pm
Euchre: 12:30pm - 4:30pm
Mah Jongg: 12:30pm - 4:30pm
Salsa Aerobics: 2:30pm - 3:30pm

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
Mah Jongg: 1pm - 4:30pm
Tin: 1:30pm - 4:00pm



WEEKLY ACTIVITIES SCHEDULE



THURSDAY

Billiards: 8am - 6pm
Puzzle: 8am - 6pm
Porcelain Dolls: 9am - 11am
Drawing: 9am - 11am
Beginning Line Dance: 9am - 10am
Intermediate Line Dance: 10:10am - 11:10am
Pinochle: 12:30pm - 6pm
Poker: 12:30pm - 4:30pm
Pottery (Lab): 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 - 12pm, 12pm - 2pm
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

October 7: La Raza
October 14: Tierra Fina
October 21: La Raza
October 28: Impression

Senior Law Office

Thursday, Oct. 28

10am - 12pm

Please call 265-2300
to make an
appointment



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

Ice Cream

Wednesday, Oct. 6



PIE

FRIDAY, OCT. 15



Congratulations

We at Los Volcanes would like to congratulate the following members for their awards at the state fair

- **Linda Hettich (1 Blue Ribbon, Porcelain Dolls)**
- **Dolores Ponce (2 Blue Ribbons & Best of show, Porcelain Dolls)**
- **Alfred Bourguet (7 Blue Ribbons & Best of show, Wood carving)**

Make sure to congratulate them on this amazing accomplishment!

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

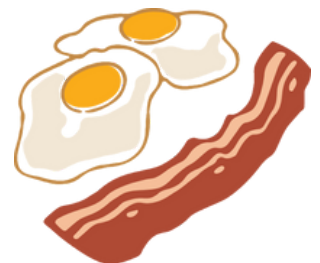
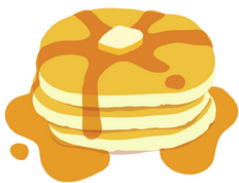
Potatoes: \$.30

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



OCTOBER 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>
<p>4</p> <ul style="list-style-type: none"> ◆ Chicken Fajitas ◆ Flour Tortilla ◆ Ranch Beans ◆ Hot Sliced Apples ◆ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Beef Stroganoff & Pasta ◆ Cauliflower W/ Red Peppers ◆ Bread Stick ◆ Pudding ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Omelet W/ Fajita Blend ◆ Stewed Tomatoes ◆ Tater Tots ◆ Oranges ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Minestrone Soup W/ Navy Beans ◆ Corn Bread ◆ Malibu Blend ◆ Cottage Cheese & Mixed Fruit ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rice Pilaf ◆ Calabacitas ◆ Cookie ◆ 1% Milk 
<p>11</p> <p>Closed Indigenous People's Day</p>	<p>12</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Pork W/ White Rice ◆ Oriental Blend ◆ Pineapple Upside Down Cake ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Frito Pie (Beef, Pinto Beans, Chile, Cheese, Onions) ◆ Fritos ◆ Normandy Blend ◆ Cantaloupe ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Fish Nuggets W/ Tarter Sauce ◆ Crinkle Cut Fries ◆ Carrots & Peas ◆ Pudding ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Chicken and Rice Soup ◆ Cherry Cobbler ◆ Spinach ◆ Crackers ◆ 1% Milk 
<p>18</p> <ul style="list-style-type: none"> ◆ Cottage Pie: (Ground Beef, Mashed Potato, Peas & Carrots) ◆ Corn Bread ◆ Apple Crisp ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Open Faced Turkey Sandwich W/ Gravy ◆ Yams ◆ Green Beans ◆ Orange ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Spaghetti Marinara W/ Squash ◆ Breadstick ◆ Malibu Blend ◆ Peaches ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Gravy ◆ White Rice ◆ Peas ◆ Jell-O W/ Fruit ◆ Dinner Roll W/ Margarine ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Green Chile Stew (Chicken and Potatoes) ◆ Flour Tortilla ◆ Pinto Beans ◆ Calabacitas ◆ Apple ◆ 1% Milk 
<p>25</p> <ul style="list-style-type: none"> ◆ Beef Tips over Pasta W/ Gravy ◆ Brussel Sprouts ◆ Peach Cobbler ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Chicken Pot Pie W/ Biscuit ◆ Diced Beets ◆ Ancient Grain ◆ Mixed Fruit ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Baked Potato W/ Broccoli, Cheese, & Sour Cream ◆ Corn ◆ Baked Beans ◆ Cottage Cheese W/ Peaches ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Salmon W/ Garlic Butter ◆ Orzo Pasta ◆ Normandy Blend ◆ Orange ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meat Loaf W/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O W/Fruit ◆ 1% Milk 