

September

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors

LINE DANCING (BEGINNING)

Thursdays from 9:30 a.m. - 10:30 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!

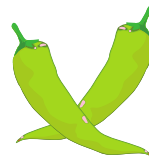


NATIONAL SENIOR CENTER MONTH CELEBRATION

September is National Senior Center Month, so what better way to celebrate than with a tasty NM delicacy of roasted green chile, tortillas, fried bologna, and many other treats!

Live music by Mr. Gil One Man Show

Wednesday, September 20 from 1:30 p.m. - 3:30 p.m.



VET TO VET PEER SUPPORT GROUP

Here to assist Veterans and eligible family members with their benefits and services.

Contact Samuel L. Roy Jr at 505-697-0095

Join us Thursday, September 14 from
10:30 a.m. - 12:00 p.m.



SMARTPHONE ASSISTANCE

Do you have questions about your smart phone or just need assistance with it?

Stop by and receive this help.

Thursday mornings from

8:30 a.m. - 10:30 a.m.

sign up at the front desk



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,
Sep. 4 for Labor 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, September 28,
Thursday, October 26
10:00 a.m. - 12:00 p.m.
Sign up at front desk



Thursday Afternoon Dances

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

Thursday, September 7: Chile Beans Express
Thursday, September 14: La Raza
Thursday, September 21: Desert Springs
Thursday, September 28: Milagro

DSA Advisory Council

Monday, September 18 at 12:00 p.m.:
Casa Kitchen, 2540 Karsten CT SE 87102

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.): September 6
Pie Social (3rd Thursday): September 21



Dessert Social

AARP Driver Safety Course

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

Monday, September 11, 2023
Monday, October 2, 2023
12:00 p.m. - 4:00 p.m.



Shot Clinic
Covid Vaccine and Covid Booster
No appointment necessary

Tuesday, September 19
9:00 a.m. - 12:00 p.m.



Monthly Birthday Party

Wednesday, September 13
10:15 a.m. - 11:15 a.m. or until sold out
Sponsored by



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, September 27
8:30 a.m. - 12:00 p.m.



Message from the Director

Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,
Director Anna Sanchez



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.



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

Office of Oral Health (OOH)

Presentation

Join us for an educational presentation on Oral Health from the Office of Oral Health!!

**Monday, September 18, 2023
from 10:30 a.m. - 11:15 a.m.**



Friendship Coffee

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

Thursday, 12:00 p.m. - 1:45 p.m.: 09/28

Fridays, 8:30 a.m. - 9:45 a.m.:

09/07, 09/15, 09/22, 09/29



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.)**
Monthly Birthday Celebration: 10:15 a.m. - 11:15 a.m. or until sold out **(2nd 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. - 10:30 a.m. **(Extra time in Oct.)**
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
ROQUE**

September 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
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 
4 Closed 	5 ♦ Cod Fish over brown rice w/ tarter sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tarter sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Carnitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sauteed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 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.