

September



6500 Los Volcanes Rd , NW 87121
505.767.5999
cabq.gov/seniors

Welcome to Los Volcanes

Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at cabq.gov/seniors/about-senior-affairs.

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director

Center Hours

Mon, Tue, Wed, Fri: 8:00am-5:00 pm
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

Julio Santiesteban
Center Manager

Nastasia Lane
Program Coordinator

Vacant
Office Assistant

Vacant
Program Assistant

Reina Goode
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

Participant Code Of Conduct

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

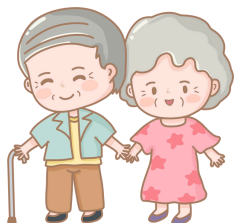
1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

GEHM CLINIC AND DENTAL

Wednesday, September 25th

8:30 p.m. - 12:00 p.m.

Partnering with the University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!



We'll be friends till we're old and senile. Then, we'll be new friends.

AARP Driver Safety Course

Monday, September 9, 2024

12:00 p.m. - 4:00 p.m.



Driver Safety

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

Next session Monday October 7

Humana Birthday Celebration

Thursday, September 12 at 1:00 pm



Line Dancing (Beginning)

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

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.

Saturday mornings from 9:00 a.m. - 11:00 a.m.
sign up at the front desk

Vet to Vet

A seasoned advocate is joining the effort to secure veteran benefits, bringing expertise and dedication to streamline the process. Their commitment ensures that every eligible veteran receives the recognition and support they rightfully deserve.

Thursday, September 26, 2024

3rd Thursday mornings from 10:00 a.m. - 12:00 a.m.



*appointment required
Sign up at the front desk*

Senior Citizens Law Office

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



Thursday, September 26, 2024

10:00 a.m. - 12:00 p.m.

Sign up at front desk



Plant Exchange

Monday, September 16, 2024

11:00 a.m.

Bring a plant, take a plant

Daily Classes and Activities

Monday

Woodcarving: 8:30 a.m. - 10:30 a.m.
Billiards 8:00 a.m. - 4:45 p.m.
Ceramics: 9:00 a.m. - 12:00 p.m.
Beginning Guitar: 9:00 a.m. - 10:30 a.m. **(Class full, Waitlist Available)**
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
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)**
Beginning Spanish: 1:00 p.m. - 2:30 p.m.
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.
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.
Guitar Class lessons \$10/class: 9:00 am - 10:30 am
Bible Study: 9:30 a.m. - 11:00 a.m.
Swedish Weaving: 12:00 p.m. - 2:00 p.m. **(Class full, Waitlist Available)**
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. - 3:30p.m.



Wednesday

Billiards: 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. **(Class Full, Waitlist Available)**
Pickleball: 9:30 a.m. - 11:00 a.m. (5th 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.
Intermediate Guitar: 1:30 p.m. - 3:00 p.m. **(Class full, Waitlist Available)**



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.
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.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Poker: 12:00 p.m. - 5:30 p.m.
Spite and Malice: 12:30 p.m. - 3:30 p.m.
Origami: 1:30 p.m. - 3:30 p.m.
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.
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.)
Classical Guitar Group: 10:00 a.m. - 12:00 p.m.
Flea Market Lottery: 10:15 a.m. **(Last Friday of month)**
The Hooked Generation-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.
Smartphone Assistance: 9a.m. - 11:00 a.m.
(Sign up at front desk)
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**

September 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 ♦ Cod Fish over Brown Rice w/ Tarter Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Chocolate Pudding ♦ 1% milk 	4 ♦ Beef Tips in Brown Gravy over Bowtie Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% milk 	5 ♦ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ♦ Cauliflower ♦ Cornbread ♦ Grapes ♦ 1% milk 	6 ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll w/ Margarine ♦ Peach Cups ♦ 1% milk 
9 ♦ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Oranges ♦ Fortune Cookie ♦ 1% milk 	10 ♦ Lemon Pepper Salmon ♦ Parsley Potatoes ♦ Green Peas ♦ Banana ♦ Cornbread ♦ 1% milk 	11 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Grapes ♦ 1% milk 	12 ♦ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ♦ Spinach ♦ Garlic Breadstick ♦ Blueberries ♦ Greek Yogurt ♦ 1% milk 	13 ♦ Roast Beef w/ Brown Gravy ♦ Sliced Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll w/ Margarine ♦ Applesauce ♦ 1% milk 
16 ♦ Meatloaf w/ Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll w/ Margarine ♦ Mandarin Oranges ♦ 1% milk 	17 ♦ Rotisserie Chicken over Brown Rice ♦ Sliced Beets ♦ Green Beans w/ Mushrooms ♦ Banana ♦ 1% milk 	18 ♦ Chili Bowl: Beef, Beans & Red Chile ♦ Succotash ♦ Cornbread ♦ Fresh Grapes ♦ 1% milk 	19 ♦ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ♦ Stewed tomatoes ♦ Hash Browns ♦ Flower Tortilla ♦ Peaches ♦ 1% milk 	20 ♦ Herb Pork Loin w/Gravy over Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% milk 
23 ♦ Baked Chicken & Rice Pilaf ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	24 ♦ Salmon w/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Italian Vegetable Blend ♦ Whole Grain Dinner Roll w/ Margarine ♦ Pear Cups ♦ 1% milk 	25 ♦ Sweet & Sour Pork w/ Stir Fry Vegetables ♦ Steamed Cabbage ♦ Warm Sliced Apples ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% milk 	26 ♦ Enchiladas: Cheese, Green Chile, & Corn Tortillas ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookie ♦ 1% milk 	27 ♦ 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.

LOS VOLCANES SENIOR CENTER PRESENTS:



Come and sing your heart out at our Karaoke Wednesday! *Karaoke Dreamin* will have your favorite tunes from old, new, to everything in between.

Wednesday, September 11th

Time 10:00 am-11:30 am

Thursday Afternoon Dances

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

Thursday, SEPTEMBER 12th Peter Vigil the All Star Band



Thursday, SEPTEMBER 19th Milagro



Thursday, SEPTEMBER 26th La Raza



Ice Cream Social (first Wednesday of the month) Sep 4th @ 10am until supplies last



PIE SOCIAL (SECOND WEDNESDAY OF THE MONTH) SEPTEMBER 11TH 10 AM UNTIL SUPPLIES LAST



Sign ups start September 3rd at 9am and you must have an active membership!

DATE

September 9th, 2024

(Monday)

Sign in-8:45 am

Depart-9:00 am

Arrive back at center-2:15 pm

Lunch at your own expense



Rio Grande Gorge Bridge, Taos, NM



Friday, September 13th

Depart: 9:00 am

Return 5:00 pm

Lunch at your own expense

HAIRCUT AT



DATE

Sign up at the front desk!

September 18, 2024

Entry

Sign in-9:00 Am

Cost

Depart-9:20 Am

\$5

Arrive back at center-2:00 Pm



Mystery Lunch Trip with Angel,

Wednesday, September 11th

Depart 11:15 am

Return 2:00 pm

Lunch at your own expense



LOWER SAN ANTONIO HIKING

SEPTEMBER 11TH

CHECK IN 8:00 AM

DEPART 8:45 AM

RETURN 3:00 PM



LA MESITA BLANCA- BIG ARROYO LOOP

SEPTEMBER 25TH

CHECK IN 8:00 AM

DEPART 8:45 AM

RETURN 3:00 PM

SIGN UP AT THE FRONT DESK!

Be BRAVE w/ HEART a fall recovery class A dynamic 60-90 min. session of discussion & practice about preventing falls, what to do if you have fallen, & how to get up.

Tuesday September 24th

1:00 PM-2:30PM