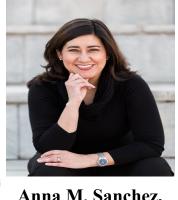


Timothy M. Keller, Mayor

Los Volcanes

West Side Rumor



Anna M. Sanchez,
Director



Los Volcanes will be <u>CLOSED</u>

Monday, February 17 in observance

of President's Day!







REMINDER

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

Thank you!

The back & side doors will be closed on

Thursday evenings at 5pm

<u>PLEASE USE THE MAIN ENTRANCE</u>

DOORS.

Thank you for your cooperation!







Mission Statement:

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all Ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



Code of Conduct

A. In order that all users may have a pleasant experience at a center, participants are expected to respect the rights of others, use the center for the purposes of the center only, and to adhere to the following behaviors:

- 1. Maintain personal hygiene that is not offensive or unhealthy.
- 2. Use voice and behavior that will not disturb other participants.
- 3. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive.
- 4. Show courtesy to other participants and staff; respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution.
- 5. Show consideration for the diversity of staff and fellow participants.
- 6. Treat the center materials, equipment, furniture, grounds, and facility with respect.
- 7. Use the center and center equipment in a safe and appropriate manner.
- 8. Keep the building and grounds neat, clean, and litter free.

B. All participants need to be able to:

- 1. Function without one-on-one assistance (staff); or have the help of a caregiver.
- 2. Walk safely and independently in the Center or use assistive devices independently.

DSA Advisory Council Meetings 2020 Schedule Meeting

- February 24, 2020 Palo Duro Senior Center (5221 Palo Duro NE)
- March 16, 2020 Highland Senior Center (131 Monroe NE)
- April 20, 2020 Rio Bravo Senior Meal Site (3910 Isleta Blvd SW)
- May 18, 2020 Manzano Mesa Multigenerational Center (301 Elizabeth SE)

The Advisory Council Shall:

- Promote awareness & education on senior issues, increasing community involvement & commitment to seniors
- Advocates on behalf of seniors, insuring the senior population is represented & the policies support the mission of the Department of Senior Affairs
- **Supports** the program development by acting as the ears & eyes of the Department, assessing need of seniors, become knowledgeable of available services in the community, assessing & giving recommendations on program development & delivery of services & supporting the funding development activities
- **Supports** the development of strategic alliances, identifying & encouraging essential partnerships between City of Albuquerque Department of Senior Affairs other entities

Seeking Applicants for the Department of Senior Affairs Advisory Council

The DSA Advisory Council currently has openings for representatives!

If you are interested in applying to serve on the council, please visit www.cabq.gov/clerk/boards-commissions, scroll down to Senior Affairs Advisory Board & click on SAAC Membership.

For more information call 764-6469.

Karaoke Party at Los Volcanes



Wednesday, February 26th



1:30pm - 3:30pm

Show off your karaoke skills at Los Volcanes! We will have a nacho bar with drinks & we will be giving out prizes as well!

Join us for this fun filled day!

February

Feb 5th: 8-Ball Pool, Palo Duro Senior Center Feb 7th: Shuffleboard, Manzano Mesa

Feb 8th: Basketball and Huachas, Manzano Mesa

Feb 29th: Swimming, West Mesa Aquatics Center (deadline to register 02/12/20

March

Mar 3rd, 4th & 6th: Bowling, Skidmore's Holiday Bowl

Mar 5th: Racquetball, Midtown Sports & Wellness

Mar 13th: Badminton, Manzano

Mar 28th: Road Race, Embudo Channel Trail

April

Apr 4th: 5K Racewalk, Balloon Fiesta Park

Apr 11th: 5K Powerwalk, Balloon Fiesta Park

Apr 14th: Tennis Singles, Jerry Cline

Apr 18th-19th: Pickleball, Manzano Mesa Outdoor Courts

Apr 21st: Tennis Doubles, Jerry Cline

Apr 22nd: Golf, Arroyo Del Oso

Apr 23rd: Disc Golf, Roosevelt Park

Apr 25th: Horseshoes, Los Altos Park

Apr 25th: Archery, Tijeras, Sandia Crest Bowhunter's Association

Apr 28th: Tennis Mixed Doubles, Jerry Cline

May

May 1st: Field Events, Academy

May 2nd: Track, 1500M Racewalk & Powerwalk, Academy

May 9th: Cycling, Atrisco Vista Blvd.

Valentine's Day 2020 Dance

Wednesday, February 19th

1:30pm - 3:30pm

Join us for a Valentine's Day 2020 celebration with delicious desserts & entertainment to help celebrate this love-filled holiday!



Become a Los Volcanes Volunteer

Are you interested in becoming a volunteer for Los Volcanes?

We are looking for **drivers**, gift shop volunteers, bingo assistants, instructors, etc.

If you are interested, please feel free to reach out to our center manager, program coordinator or any Los Volcanes staff member about becoming a Los Volcanes volunteer!



Suggestion Box

"Want to commend Maria, the manager of Los Volcanes senior center. She allowed the seniors into the center even though it was a 2 hour delay. God bless her for her kindness" - Cathy Apodaca



Hot Spot Gift Shop

Hours of Operation

Monday - Friday 9:00am - I:00pm





The City of Albuquerque, Department of Senior Affairs Retired and Senior Volunteer Program (RSVP) is recruiting volunteers 55 years of age and older for the following opportunities. *For more information call* 505-767-5225

Road Runner Food Bank-Healthy Food Center (HFC): HFC is a medical referral food pantry. People experiencing both food insecurity and a nutrition related chronic condition are screened and referred to HFC. Clients are then able to visit the pantry once a week to select fresh fruits, vegetables, dairy, protein and other healthy items Volunteers are needed Monday thru Saturday for various positions including Front Desk, Checkout, and Stocking. Shift hours vary. Please call 505-767-5225 for more information-

Silver Horizons-Silver helping Seniors: Every month, Silver Horizons partners with the City of Albuquerque to provide free groceries to over 3,500 seniors, and to about 1,200 grandchildren many of these seniors are raising. Together, we are making a big, positive difference in the lives of so many of our elderly. But we can't help these struggling seniors without volunteers. Opportunities to help include volunteering in Silver Horizons' food warehouse, distributing food and helping seniors shop at food markets, and joining our volunteer staff at Silver Horizons' thrift store. Please call 767-5225 to learn more.

Storehouse New Mexico: Support New Mexico's largest food pantry. Storehouse provides FREE food to people who are struggling. Customers select their own food once a calendar month. Storehouse is a private pantry, not a government agency. Changes in food supply/donations result in changes in food service. Volunteer opportunities include sorting and repackaging food, helping and directing clients during food distribution. Volunteer hours include Wednesday through Friday from 8am-4pm and Saturday's from 8am-1pm. Please call 505-767-5225 for more information

OASIS - Intergenerational Tutoring Volunteer: In partnership with school districts, Oasis volunteer tutors are paired with children in grades K-3 who teachers feel would benefit from a caring, one-on-one mentoring relationship. You can change a life by providing the individual attention that helps children build confidence and experience success. The commitment is for one hour, one day a week for the school year. Oasis will train all reading mentors/tutors. process the required background check, and then coordinate your placement in an elementary school. Please call 505-767-5225 for more information.

- Be part of the largest volunteer network for people 55 and older
- Apply your skills to make a difference in the community
- Volunteers who serve, frequently live longer and report better health
- Volunteering can also lead to more friendships and a positive attitude

Los Volcanes Fitness Center: Looking for a volunteer to serve on <u>Saturdays</u> <u>between the hours of 8am to 4pm for 2</u> <u>to 4 hours based on need</u>. Duties would include: Scanning members as they enter the facility to workout, help answering member questions, giving a tour of the facility to interested members and answering phones. Additional assistance may be required by staff when busy and things arise. For more information, call 505-767-5255.

Mealsite Volunteers: Volunteers are needed to serve at various mealsites providing clerical support for the meal site coordinator, in the kitchen during meal times, calling bingo, assisting as a driver or leading activities. For more information, call 505-767-5225.

Help where it's needed most! Benefits for RSVP members include excess accidental and liability insurance and limited mileage reimbursement.

TRIPS @ Los Volcanes For FEBRUARY

Trips

10 participants per van. Need 6 participants for 2nd van to go on any trip. Must sign up. PLEASE have current membership card at time of sign up

All meals at your own expense. Trips, classes, and memberships will be available for sign-ups during the hours of: 9:00-11:00 am & 1:00-2:30 pm

WAITLIST PROTOCOL

 DSA staff <u>WILL NOT</u> leave a voicemail if you do not answer, but will call the next name on the waitlist.

ATTENTION:

All members are **required to cancel** their reservations

A minimum of 24 hours in advance of the trip.

If not, the member will be considered a "No Show" and in the result of <u>3</u> "No Shows," a member will not be able to reserve a seat on a trip for the current season.

Thank you for your cooperation!

First Friday Fractals. Friday, Feb. 7 - First Friday Fractals is the spectacular, award-winning full dome planetarium show that takes viewers on a tour of the fractals in nature & zooms through indefinite mathematical fractals. Lunch & any other expenses or entry fees will be on your own expense. Check in: 5:00pm - Return: 9:00pm.

NM State Legislature Senior Day, Friday, Feb 14 - Join us as we visit the Legislature in Santa Fe. We will tour the roundhouse hallway gallery & have lunch on the Santa Fe plaza. Lunch & any other expenses or entry fees will be on your own. Check in: 10:45am - Return 5:00pm

Popcorn Cannery Tour, Tuesday, Feb 25 - Join LVSC on a fun & tasty trip, as we visit this locally owned facility to taste all the wonderful flavors! Popcorn will be available to purchase. Lunch & any other expenses or entry fees will be on your own. Check in: 9:30am - Return: 2:30pm.

MONDAY



Billiards: 8:00am - 4:45pm

Crocheting: 1:00pm - 4:00pm

Rummikub: 12:00pm - 3:00pm

Woodcarving (Pwr): 12:00pm - 4:00pm

Tuesday

Billiards: 8:00am - 4:45pm

Bible Study: 9:30am - 11:00am

Euchre: 12:30pm - 4:30pm

Mexican Train: 12:45pm - 4:00pm

Painting: 9:00am - 11:00am

Poker: 12:00pm - 4:30pm

Swedish Weaving: 11:30am - 2:30pm

Tin Class: 12:30pm - 4:30pm

Woodcarving: 8:30am - 10:30am

Wednesday

Billiards: 8:00am - 4:45pm

Crocheting: 9:00am - 12:00pm

Fishing Club Meeting: 9:00am - 10:00am

Pinochle: 12:30pm - 4:00pm

Poker: 12:30pm - 4:30pm

Pottery (Intermediate): 9:00am - 12:00pm

Chursday

Billiards: 8:00am - 6:45pm

Mah Jongg: 12:30pm - 4:30pm

Pinochle: 12:30pm - 6:00pm

Plastic Canvas: 1:00pm - 4:00pm

Porcelain Dolls: 9:00am - 11:00am

Pottery (Lab): 12:30pm - 4:30pm

Sketching: 9:00am - 11:00am

Spite or Malice:1:00pm - 3:00pm

Watercoloring: 9:00am - 10:30am

FRIDAY

Billiards: 8:00am - 4:45pm

Bingo: 1:15pm - 4:00pm

Ceramics: 8:00am - 12:00pm

Flower Arranging & Crafts: 10:00am - 12:00pm

Flea Market: 8:30am - 11:30am

Guitar Group: 9:00am - 10:30am

Party Bridge: 12:30pm - 3:30pm

Poker: 12:30pm - 4:30pm

Saturday

Billiards: 9:00am - 12:45pm



Daily Schedule



Information & Events for Seniors

Thursday Afternoon Dances

1:30 - 4:15 pm

Tickets on sale starting @ 1:00 pm

\$3 per person; Doors open 1:25 pm Last Thursday of the month is **Pay at Door**

Thursday, February 6th: La Raza

Thursday, February 13th: Paul Pino & the Tone Daddies

Thursday, February 20th: El Gato Negro

Thursday, February 27th: Chili Bean Express (Last Thursday)



AARP Defensive Driving

(Room 2)

ARP°
Driver Safety

10:00am - 12:00pm

SENIOR LAW OFFICE (Room 1)

Driver Safety February 27th (4th Thursday)

free legal services for seniors

CANCELLED for February

9:00am - 1:15pm

(1st Open Monday)

AARP members: \$15, Non-Members: \$20

Call **505-265-2300** to make an appointment

Ice Cream Social

February 5th (1st Wednesday)

75¢, 10:30am - 11:30am



Pie Social

February 21st (3rd Friday)

75¢, 10:30am - 11:30am

PROBLEM SOLVING WITH THE MANAGER

February 26th (Last Wednesday)

10:00am - 11:00am

Have questions for our center manager?

Here is your chance to get them answered!

Birthday Party Celebration (February)

February 7th (1st Friday)

10:30am - 11:30am

Celebrating February birthdays!

Silver Horizons Food Pantry

WEDNESDAY, FEBRUARY 12th

Rooms 2 & 4 will be waiting rooms at 1:00pm, & numbers distributed at 1:30pm

Pantry is from 2:30pm - 4:00pm



Sports/Fitness & Health @Los Volcanes

Adapted Aquatics

Registration will now be done in lottery form.

Must have <u>current</u> DSA Membership, must complete 50+ Adapted Aquatics Monthly Lottery

Form between the 10th & 15th of <u>each month</u>.

Forms will be available at Senior Centers, Fitness

Centers, & Multigenerational Centers. If selected, you will be notified the 25th of the month.

Monday, Wednesday & Fridays
Check in: 8:00am

check in. o.oouni

Monday & Fridays
Check in: 12:15pm

Pickleball (Social Hall)

Mondays: 9:30am - 11am &

1:30pm - 3:30pm

Tuesdays: 9:30am - 11am &

1:30pm - 3:30pm



Tai Chi (Room 2)

Every Wednesday

12:15pm - 1:15pm

Line Dancing (Social Hall) Every Thursday

Beginning: 9:00am - 10:00am

Intermediate: 10:10am - 11:10am





Salsa Aerobics (Social Hall)

Saturdays: 9:30am - 10:30am

GEHM Clinic

FEBRUARY 25th

8:00am - 12:30pm

Health services for seniors

How to Stay out of the Dr's Office (Room 10)

February 12th (2nd Wednesday)

10:00am - 11:15am

Department of Senior Affairs - 714 7th Street, SW Senior Information Line - 764-6400

- *Breakfast & Lunch
- *Recreation & Learning
- *Sports & Fitness Centers & 2 fitness rooms
- *6 Senior Centers
- *2 Multigenerational Centers
- *Information, referrals, & assistance on senior concerns/issues.
- *Linkage to senior services and to other community resources.

Senior Social Services

- *Senior Information Line 764-6400 For information & literature about other support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies & case management programs.
- *Transportation/Nutrition
- *Home-Delivered Meals
- *Satellite Senior Center -Recreation & Lunch
- *Care Coordination Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services, & on-going follow-up.
- *Home Chores Chore services such as seasonal light yard cleaning & installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+.
- * Retrofit Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income eligible disabled persons of all ages living within city limits. Services to income eligible county seniors aged 60+ as funding allows; *Minor Home Repairs Minor repairs for low income homeowner occupants over 60 within Bernalillo County, Non-licensed work only.







COME JOIN US FOR BREAKFAST 8:00am - 9:00am Monday - Friday

City of Albuquerque - DEPARTMENT OF SENIOR AFFAIRS - Nutrition & Transportation

ATTENTION BREAKFAST PATRONS:

<u>Due to a City of Albuquerque, Environmental Health Department directive, we will no longer be permitted to serve soft-cooked eggs.</u>

- This directive is due to Salmonella Enteritis, which can be found in unpasteurized eggs, & can put highly susceptible populations at risk of severe illness.
- The Environmental Health Department has designated senior centers to serve highly susceptible populations.
- Cooking unpasteurized eggs to 145° for at least 15 seconds, destroys Salmonella Enteritis.
- Sunny side up, over easy and soft scrambled eggs do not reach 145° and therefore will no longer be available at senior centers.
- Over medium, over hard and well scrambled eggs will still be available.

We apologize for any inconvenience this change in policy might present. Please call Bob Manymules, Food Production Supervisor 505.764.6457, for further information.

Nutrition & Transportation 505.764.6457

Los Volcanes Breakfast Menu

FULL - 2 Eggs, Toast, Potatoes and choice of Bacon or Sausage.	\$1.50
MINI - 1 Egg, Toast, Potatoes and choice of Bacon or Sausage.	\$.75
BURRITO- Egg, Potato, Cheese, choice of Bacon/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 & Fridays Only:	Huevos Rancheros	\$1.50
Thursdays Only:	Biscuits & Gravy	\$1.00

A La Carte Items

I Pancake w/fruit	\$.75	Cereal Hot/Cold w/Milk	\$.70
l Pancake plain	\$.25	Bacon or 2 Sausage	\$.50
I French Toast w/fruit	\$.75	Eggs	\$.25 each
I French Toast plain	\$.25	Potatoes	\$.30
I Waffle /with fruit & cream	\$1.50	2 Slices Toast or 1 Tortilla	\$.20
I Waffle plain	\$1.00	Side of Red or Green Chile	\$.25

Milk - \$.25 Orange Juice - \$.25









1) PLEASE CALL 767-5999 BY 1:00 PM, THE DAY BEFORE FOR RESERVATIONS

- 2) Only number of meals ordered will be prepared for LVSC.
- 3) Those persons with reservations are served their meals first.
- 4) Unclaimed meals are held until 12:30. At 12:30 pm clients who did not make a reservation but who do want to eat can at that time.
- 5) NO FOOD ITEMS are to be taken OUT of facility to be consumed at later time,

w/exception of apples, bananas, oranges or individually packaged items.

Ages 49 - Under: \$7.67 Ages 50 - 59: \$3.25 Ages 60+: Suggested \$2.00 donation



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
February 3	4	5	6	
 ◆ Pasta Primavera ◆ Green Beans ◆ Wheat Roll w/ Margarine ◆ Pineapple Tidbits w/ Cinnamon ◆ 1% Milk 	 Taco Soup Pinto Beans Stewed Tomatoes Tortilla w/ Margarine Banana 1% Milk 	 ◆ Memphis Dry-Rubbed Chicken ◆ Brown Rice ◆ Mixed Vegetables ◆ Cornbread w/ Margarine ◆ Orange ◆ 1% Milk 	 ◆ Beef Tips & Bowtie Pasta Peas and Carrots ◆ Crescent Roll w/ Margarine ◆ Peach Crumble ◆ 1% Milk 	 Pork Chop with Apples Mashed Red Potatoes Brussel Sprouts Dinner Roll w/ Margarine Apricots 1% Milk
 Oven Fried Chicken w/ Mushroom & Onion Gravy Mac-N-Cheese Spinach Wheat Bread w/Margarine Orange 1% Milk 	 Turkey with Gravy Mashed Potato Mixed Vegetables Dinner Roll w/ Margarine Oatmeal Cookie 1% Milk 	 ◆ Breaded Pollock ◆ w/ Tartar Sauce ◆ Bowtie Noodles ◆ Succotash ◆ Wheat Bread w/Margarine ◆ Fresh pear ◆ 1% Milk 	 Red Chile Beef Enchilada: Spanish Rice Pinto Beans Mixed fruit 1 % Milk 	 Spinach Lasagna Mixed Vegetables Garlic Breadstick Cottage Cheese w/ Pineapple 1% Milk
Happy President's Day	 ◆ Ham and Potato Soup ◆ Mixed Vegetables ◆ Biscuit w/ margarine ◆ Sliced Peaches ◆ 1% Milk 	 ◆ Italian Chicken ◆ Steak fries ◆ Crinkle Cut Carrots ◆ Granny smith apple ◆ 1% Milk 	 Meatloaf White Rice Mixed Vegetables Dinner Roll w/ Margarine Yogurt 1% Milk 	 Red Chili (Beans, Beef, Cheese and Onions) Cauliflower and Squash Tortilla w/ Margarine Brownie 1% Milk
◆ Roasted Pork w/ Carmelized Onions ◆ Red Potatoes	Soft Chicken Tacos Spanish Rice ◆ Corn w/ Peppers	26 ◆ Red Chile Cheese Omelet ◆ Spinach w/ Onions ◆ Beans	◆ Meatball Sub w/ Provolone ◆ Steak Fries	 ◆ Salmon w/ Garlic Sauc ◆ Angel Hair Pasta ◆ Mixed Vegetables

City of Albuquerque Senior & Multigenerational Centers

Barelas Senior Center

764-6436

Hours of Operation:

Monday - Friday: 8:00am - 5:00pm



Bear Canyon Senior Center

767-5959

Hours of Operation:

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

Thursdays: 8:00am - 9:00pm

Saturday: 9:00am - 3:00pm



Los Volcanes Senior Center

767-5999

Hours of Operation:

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

Thursdays: 8:00am - 7:00pm

Saturday: 9:00am - 1:00pm



Highland Senior Center

767-5210

Hours of Operation:

Mon, Tues, Thurs, Fri: 8:00am - 5:00pm

Wednesdays: 8:00am - 7:00pm

Saturday: 10:00am - 4:00pm



North Valley Senior Center

761-4025

Hours of Operation:

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

Tuesdays: 8:00am - 7:00pm

Sunday 12:30pm - 5:00pm



Palo Duro Senior Center

888-8102

Hours of Operation:

Mon, Tues, Thurs, Fri: 8:00am - 5:00pm

Wednesdays: 8:00am - 7:00pm

Saturday 9:00pm - 1:00pm



Manzano Mesa Multigenerational Center

275-8731

Hours of Operation:

Monday - Friday: 8:00am - 9:00pm

Saturday: 9:00am - 3:00pm



North Domingo Baca Multigenerational Center

Hours of Operation:

764-6475

Monday - Friday: 8:00am - 9:00pm

Saturday: 9:00am - 3:00pm

