

# FEBRUARY

**NEW!**

## NEW PROGRAM: Reflexology!

**Every Tuesday starting at 9:00 a.m.**

Reflexology is a hands-on modality that relaxes and restores the body working the hands and/or feet



## CUPIDS CUTIES VALENTINES EVENT

Love is in the air, joins us for a Valentines event with music and refreshments!

**Wednesday, February 8**

**1:30 p.m. - 3:30 p.m.**

**Live Music by Mr. Gill One Man Show**



**NEW**

### NEW Senior Tech Help with Steve!

Need help with your computer or smart phone?

Stop by and our instructor Steve Gott can help!

**Thursday, February 9 and**

**Thursday, February 23**

**starting at 10:00 a.m.**

**NEW**

### Intro Computer Help

Have questions about navigating emails, opening, closing browsers or just computer basics? Drop in and receive this help by Robert!

**Tuesday afternoons from**

**2:00 p.m. - 4:00 p.m.**

**\*Starts Tue. Feb 7\***

### Free Computer Class

**February 1 from 9:00 a.m. - 10:00 a.m.**

**Fact vs. Fiction**

Offered here and at other senior and Multigenerational centers, come learn!

**\*Sign-Up: (505) 767-5999\***

Presented By:



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

## 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 Casuas, General Services

Francisco Ramirez, Cook

Adrian Luna, Kitchen Aid

## Special Dates & Announcements

- **CLOSED Monday, February 20 in honor of President's 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.

### Movie Matinee



Join us for movies and Popcorn at no charge!

**Afternoon Movie:**

**Wed. February 22, starts @ 2:00 p.m.** We'll be showing: *The Love Guru*



### Thursday Afternoon Dances



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

Thursday, February 2: Milagro  
Thursday, February 9: Impression  
Thursday, February 16: La Raza  
Thursday, February 23: Latin Soul

### Shot Clinic

Covid Vaccine and Covid Booster

No Appointment necessary.

**Tuesday, February 28**

**9:00 a.m. - 12:00 p.m.**

**Sponsored by:**



### Dessert Social

Join us for monthly dessert socials with all the fixings!



**Ice Cream Social**

**Wednesday, February 1**

**10:15 a.m. - 11:15 a.m.**

**Pie Social**

**Friday, February 17**

**10:15 a.m. - 11:15 a.m.**

### AARP Driver Safety Course

**Monday, March 6**

**Monday, April 3**

**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

### Monthly Birthday Party

Come celebrate with us!

**Friday, February 3**

**from 10:00 a.m. - 11:30 a.m.**



OAK STREET HEALTH

### 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.

**Tuesday, February 21**

**Wednesday, February 22**

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



## 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.  
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): 1:30 p.m. - 3:30 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.  
Bible Study: 9:30 a.m. - 11:00 a.m.  
Alzheimer's Association Meeting: 9:30 a.m. - 10:15 a.m. (3rd Tuesday)  
Swedish Weaving: 12:00 p.m. - 2:00 p.m.  
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. - 3:30p.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.  
Morning Movie Matinee: 9:00 a.m. - 11:15 a.m. **(Next Showing Mar. 8)**  
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wednesday)  
Ice Cream Social: 10:15 a.m. - 11:15 a.m. (1st Wed.)  
Poker: 12: 30 p.m. - 4:30 p.m.  
Pinochle: 12:30 p.m. - 4:00 p.m.  
Tin Class: 1:30 p.m. - 4:00 p.m.  
Afternoon Movie Matinee (Last Wed.): 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.  
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.  
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.  
ABQ Rockhounds Group Trip: Time is TBA  
Spite and Malice: 12:30 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.  
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.  
Birthday Party Celebration: 10:00 a.m. - 11:00 a.m. (1st Friday)  
Beginning Classical Guitar Group: 10:00 a.m. - 12:00 p.m. 12:00 p.m. -2:00 p.m.  
Pie Social: 10:15 a.m. - 11:15 a.m. (3rd Friday)  
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 ALBUQUERQUE

# February 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
30	31	1	2	3
<ul style="list-style-type: none"> <li>◆ Salmon</li> <li>◆ Rotini Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Beef Enchilada</li> <li>◆ Spanish Rice</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Steamed Zucchini</li> <li>◆ Garlic Breadstick</li> <li>◆ Greek Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Oven Fried Chicken</li> <li>◆ Roasted Sweet Potatoes</li> <li>◆ Collard Greens</li> <li>◆ Dinner Bread</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Ham &amp; Potato Soup</li> <li>◆ Roasted Corn &amp; Red Peppers</li> <li>◆ Cherry Cobbler</li> <li>◆ Biscuit</li> <li>◆ 1% Milk</li> </ul> 
6	7	8	9	10
<ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Seasonal Vegetable</li> <li>◆ Garlic Breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Mashed Potatoes</li> <li>◆ Roasted Brussel Sprouts</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ BBQ Pork Chop</li> <li>◆ Baked Beans</li> <li>◆ Collard Greens</li> <li>◆ Seasonal Fruit</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Beef Enchilada</li> <li>◆ Spanish Rice</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded Cod</li> <li>◆ Buttered Pasta</li> <li>◆ Spinach</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
13	14	15	16	17
<ul style="list-style-type: none"> <li>◆ Swedish Meatballs</li> <li>◆ Brown Rice</li> <li>◆ Seasonal Vegetable</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Flour Tortilla</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Catfish</li> <li>◆ Sweet Potatoes</li> <li>◆ Seasonal Vegetables</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Mashed Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Pineapple</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Spinach Lasagna</li> <li>◆ Steamed Carrots</li> <li>◆ Garlic Breadsticks</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
20	21	22	23	24
<p><b>Closed</b></p> 	<ul style="list-style-type: none"> <li>◆ Egg Omelet</li> <li>◆ Stewed Tomatoes</li> <li>◆ Seasoned Potatoes</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red Chile Pork Posole</li> <li>◆ Pinto Beans</li> <li>◆ Spinach</li> <li>◆ Tortillas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Tater Tots</li> <li>◆ Coleslaw</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon</li> <li>◆ Angel Hair Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Pumpkin Pudding</li> <li>◆ 1% Milk</li> </ul> 
27	28	1	2	3
<ul style="list-style-type: none"> <li>◆ Salisbury Steak</li> <li>◆ Roasted Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef Fajitas</li> <li>◆ Tortilla</li> <li>◆ Spinach</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Seasoned Baked Chicken</li> <li>◆ Mashed Potato</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chile Dog w/ Cheese</li> <li>◆ Tatar Tots</li> <li>◆ Seasoned Roasted Corn</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cajun Garlic Butter Tilapia</li> <li>◆ Orzo w/ Diced Tomatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 

## 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 ITEMS

Pancake (1): **.25¢**

French Toast (1): **.25¢**

Waffle: **\$1.00,**

w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.75¢**

Bacon/Sausage: **.50¢**

Eggs: **.25¢**

Hash Browns: **.30¢**

Toast/Tortilla: **.20¢**

Side of Red/Green: **.25¢**

Milk or Juice: **.25¢**

Large Juice: **.50¢**



### WEEKLY 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**

**PLEASE HAVE SMALL BILLS WHEN  
PAYING FOR BREAKFAST**



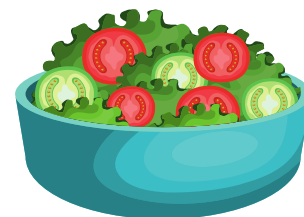
# A LA CARTE MENU MONDAY - FRIDAY 11:30 A.M. - 1:00 P.M.



**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.**

**ONE  
ALBUQUE  
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