

AUGUST

LINE DANCING (BEGINNING)

Thursdays

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

Join our revamped beginning line dancing class open for anybody who loves to line dance or wants to learn line dancing!



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

See Linda for scheduling



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

1:00 p.m. - 4:00 p.m.

sign up at the front desk

Assistance is in 30 min. increments



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



• Wednesday, Sept. 20

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

National Senior Center Month

**Celebration with music and
green chile roasting!**



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, August 24
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, August 3: De Luz
- Thursday, August 10: Paul Pino & Tone Daddies
- Thursday, August 17: Latin Soul
- Thursday, August 24: Enchanted Four
- Thursday, August 31: Antonio y Los Unicos

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.): August 2
Pie Social (3rd Thursday): August 17



Dessert Social

AARP Driver Safety Course

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

Monday, August 14, 2023
Monday, September 11, 2023
12:00 p.m. - 4:00 p.m.



Shot Clinic
Covid Vaccine and Covid Booster
No appointment necessary

Tuesday, August 22
9:00 a.m. - 12:00 p.m.



Monthly Birthday Party

Wednesday, August 9
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, August 23
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.
Acupressure: 9:00 a.m. - 1:00 p.m. **(Sign up w/ Linda)**
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.



Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**

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.
Intro Computer Help: 1:00 p.m. - 3:00 p.m. **(Sign up at front desk)**
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. - 4:00 p.m.
Tin Class: 1:30 p.m. - 4:00 p.m.
Afternoon Movie Matinee **(4th 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.
Line Dancing (Beginning): 9:30 a.m. - 10:30 a.m.
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.
ABQ Rockhounds Group Trip: Time is TBA
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
RQUE**

August 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
31 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Seasonal vegetable ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	1 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin oranges ♦ 1% milk 	2 ♦ Philly Cheesesteak sandwich ♦ Steamed carrots ♦ Warm cinnamon apples ♦ Whole grain hoagie bun ♦ 1% milk 	3 ♦ Meatloaf w/tomato gravy ♦ Roasted redskin potatoes ♦ Green beans ♦ Fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	4 ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
7 ♦ Sweet and sour pork w/ fajita blend vegetables ♦ Brown rice ♦ Green peas ♦ Vanilla pudding ♦ 1% milk 	8 ♦ Cheeseburger w/ mushrooms ♦ Mushroom sauté ♦ Tater tots ♦ Whole grain bun ♦ Banana ♦ 1% milk 	9 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Fresh seasonal fruit ♦ 1% milk 	10 ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Watermelon or fresh seasonal fruit ♦ 1% milk 	11 ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Seasonal vegetable ♦ Fresh peaches or fresh seasonal fruit ♦ 1% milk 
14 ♦ Cheese omelet w/ red chile ♦ Stewed tomato ♦ Diced potatoes ♦ Whole grain biscuit ♦ Mandarin oranges ♦ 1% milk 	15 ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Seasonal vegetable ♦ Pineapple ♦ 1% milk 	16 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	17 ♦ Pollock over brown rice ♦ Malibu blend (carrots, cauliflower) ♦ Green peas ♦ Fresh seasonal fruit ♦ Tarter sauce ♦ 1% milk 	18 ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Pears ♦ Whole grain dinner role ♦ 1% milk 
21 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	22 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Fresh apricots or fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	23 ♦ Baked seasoned chicken w/ brown rice pilaf ♦ Sweet potato ♦ Green beans ♦ Red grapes ♦ 1% milk 	24 ♦ Spinach lasagna ♦ Buttery corn ♦ Summer squash ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	25 ♦ Baked garlic tilapia w ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Honeydew melon ♦ Chocolate chip cookies ♦ 1% milk 
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 role ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tator tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 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: **.75¢**

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.