**June**

**Closure**

Los Volcanes will be **CLOSED Monday, June 20** in honor of the Juneteenth Holiday

**JUNETEENTH**

**HIGHLIGHTED CLASS OF THE MONTH: PORCELAIN DOLLS**

The Los Volcanes Porcelain Doll group is seeking new members. For your first project, you will have access to supplies, materials, & firing equipment. Many of the group members have won awards for their dolls such as "Best of Show" at the NM State Fair Art Competition. Everyone is welcome!  

**THURSDAYS 9AM - 11:30AM**

**NEW CLASS: ZHINENG QIGONG**

Join our new Zhineng Qigon class beginning on **Monday from 2pm - 4pm @ Los Volcanes**!  

Zhineng Qigong is the world's most practiced medicine-less Qigong, It utilizes both the mind & body to bring in positive energy!. Dress comfortably

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**Patio BBQ RETURNS!**

- **Wednesday June 15**  
  1:30 - 3:30pm  
  We will have Live music by Chunda! We will also be serving hotdogs & Hamburgers!  

**Thank you to the following Sponsor:**

**50+ Open Pickleball**

Are you interested in playing Pickleball? Join us on **Thursday evenings from 4:45 pm - 6:45 pm**  

We can provide paddles & equipment!  

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

It feels like the month of May came and went! In celebration of May’s Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr’s birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director
Department of Senior Affairs
DoTERRA Essential Oils

Most people have had difficulties with Stress, Sleep, Respiratory or Immune issues, Digestive discomfort and Muscle aches. Sound familiar? What if you could try something natural for your problem that has no side effects and it was FREE. Would you use it?

Everyone is welcome to Join this presentation. If you're interested please see the front desk or call 505-767-5999 to sign up.

2nd Wednesday of the month starting Wednesday, June 8 starting at 2pm

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LOS VOLCANES FISHING CLUB

Interested in learning about fishing & taking trips to fish? Join the LVSC Fishing Club! **Meetings are held every Wednesday starting at 9am** & Fishing trips take place on the following day (Thursday) Everyone is welcome to join!

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VOLUNTEER DRIVERS

Los Volcanes is currently looking for volunteer drivers to assist with trips, & the Aquatics program. Please see the front desk if you're interested.

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BIRTHDAY PARTY CELEBRATION!

Come Celebrate with us!

**Friday, June 3**
**10am - 11am**

Sponsored By:

OAK STREET HEALTH
Los Volcanes Calendar & Events

**Monday**
- Woodcarving: 8:30 am - 10:30 am
- Billiards: 8 am - 5 pm
- Ceramics: 9 am - 12 pm
- Open Computer Lab: 9 am - 1 pm
- Puzzle: 8 am - 5 pm
- Pickleball: 9:30 am - 11 am
- Rummikub: 12 pm - 3 pm
- Woodcarving (Power): 1:30 pm - 3:30 pm
- Zhineng Qigong: 2 pm - 4 pm (Begins Apr. 25)

**Tuesday**
- Billiards: 8 am - 5 pm
- Puzzle: 8 am - 5 pm
- Painting: 9 am - 11 am
- Open Computer Lab: 9 am - 1 pm
- Salsa Etc: 9:30 am - 10:30 am
- Bible Study: 9:30 am - 11 am
- Swedish Weaving: 12:00 pm - 2 pm
- Mexican Train: 12:45 pm - 4 pm
- Euchre: 12:30 pm - 4:30 pm
- Mah Jongg: 12:30 pm - 4:30 pm
- Salsa Aerobics: 2:30 pm - 3:30 pm

**Wednesday**
- Billiards: 8 am - 5 pm
- Puzzle: 8 am - 5 pm
- Open Computer Lab: 9 am - 1 pm
- Crochet: 9 am - 12 pm
- Pottery: 9 am - 12 pm
- Fishing Club Meetings: 9 am - 10 am
- Poker: 12:30 pm - 4:30 pm
- Pinochle: 12:30 pm - 4 pm
- Tin Class: 1:30 pm - 4 pm
- Afternoon Movie Matinee (Last Wed.): 2 pm - 4 pm
- DoTERRA Essential Oils (2nd Wed.): 2 pm - 3:30 pm

**Thursday**
- Billiards 8 am - 7 pm
- Puzzle: 8 am - 7 pm
- Drawing: 9 am - 11 am
- Porcelain Dolls: 9 am - 11 am
- Open Computer Lab: 9 am - 1 pm
- Line Dancing Beginner: 9 am - 10 am
- Line Dancing Improver: 10:15 am - 11:15 am
- Mah Jongg: 12:30 pm - 4:30 pm
- Poker: 12 noon - 4:30 pm
- Spite and Malice: 12:30 pm - 3:30 pm
- Origami: 1:30 pm - 3:30 pm
- Afternoon Dance: 1:30 pm - 4:15 pm
- Pickleball: 4:45 pm - 6:45 pm

**Friday**
- Billiards 8 am - 5 pm
- Flea Market: 8 am - 11 am
- Ceramics: 9 am - 12 pm
- Open Computer Lab: 9 am - 1 pm
- Beginning Classical Guitar Group: 10 am - 12 pm
- Plastic Canvas: 1 pm - 3 pm
- Crochet: 1:30 pm - 3:30 pm
- Bingo: 2 pm - 4 pm

**Saturday**
- Billiards 9 am - 1 pm
- Puzzle: 9 am - 1 pm
- Salsa Aerobics: 9:30 am - 10:30 am

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**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.
Thursday Afternoon Dances
Dance to live music
Thursdays 1:30pm to 4:15pm
$3 with current membership!

Thursday, June 2: Chile Beans Express
Thursday, June 9: Impresion
Thursday, June 16: Paul Pino & Tone Daddies
Thursday, June 23: Timo's Band
Thursday, June 30: La Raza

GEHM Clinic
Studens 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, June 29
8:30am - 12:00pm

Los Volcanes Flea Market
Fridays from 8am - 11am
Last Friday of the month is the lottery for a chance to get a table.
Friday, June 24 is the Lottery at 10:15am

Dessert Social
Join us for monthly dessert socials with all the fixings!

Ice Cream Social
Wednesday, June 1
10:15 am - 11:15 am

Pie Social
Friday, June 17, 10:15 am - 11:15 am

Thank you to the following sponsor:

Afternoon Movie Matinee
Join us for our annual Afternoon Movie Matinee!
Wednesday, June 29 starting at 2pm!

If you would like to see specific genres of films please feel free to let us know & share your ideas with us. We would also like to know if our members would be interested in Morning Movie Matiness as well. Please share your thoughts with us!

Vaccine Clinic
Covid Vaccine & Covid Booster, No appointment neccessary
Thursday, June 23
9am - 12pm
Sponsored By Best Buy Drugs
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.

### June 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>30</td>
<td>31</td>
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<tr>
<td><strong>CLOSED</strong></td>
<td><strong>MEMORIAL DAY</strong></td>
<td><strong>RED DAY</strong></td>
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<tr>
<td>Greek Pasta Salad, Cucumber &amp; Red Onion Salad w/ Ranch Dressing, Wheat Crackers, Fruit, 1% Milk</td>
<td>Red Chile Omelet, Steamed Potatoes, Stewed Tomatoes, Green Apple, 1% Milk</td>
<td>Turkey Tetrazzini, Steamed Spinach, Peas &amp; Carrots, Red Grapes, 1% Milk</td>
<td>Beef Steak with Grilled Onions, Mashed Potatoes, Steamed Broccoli, Pudding, 1% Milk</td>
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<tr>
<td>BBQ Chicken Sandwich, Sweet Potato, Apple Cobbler, 1% Milk</td>
<td>Salisbury Steak Mushroom &amp; Onion Gravy, Green Beans, Scalloped Potatoes, Orange, 1% Milk</td>
<td>Baked Ziti, Steamed Carrots &amp; Cauliflower, Breadstick, Pineapple, 1% Milk</td>
<td>Turkey Pot Pie, Ancient Grains, Broccoli, Diced Peaches, 1% Milk</td>
<td>Bean &amp; Rice Burrito with Red Chile, Cauliflower, Warm Cinnamon Apples, 1% Milk</td>
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<td>Beef Tips w/ Gravy in Bowtie Pasta, Steamed Green Beans, Peach Cobbler, 1% Milk</td>
<td>Baked Chicken Thigh, Steamed Collard Greens, Brown Rice, Yogurt, Dinner Roll w/ Margarine, 1% Milk</td>
<td>Garlic Tilapia, Black-eyed Peas, Steamed Carrots, Pudding, 1% Milk</td>
<td>Sliced Turkey w/ Brown Gravy, Steamed Carrots, Mashed Potatoes, Pear, 1% Milk</td>
<td>Pork Roast w/ Creamy Onion Gravy, Steamed Broccoli &amp; Carrots, Mashed Potatoes, Dinner Roll w/ Margarine, Green Grapes, 1% Milk</td>
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<td><strong>CLOSED</strong></td>
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<tr>
<td>Chicken Thigh, Succotash, Cornbread, Apple, 1% Milk</td>
<td>Pasta Primavera, Steamed Broccoli, Bread Stick, Cantaloupe, 1% Milk</td>
<td>Baked Salmon, Roasted Peppers, Ancient Grain, Pudding, 1% Milk</td>
<td>Carne Adovada, Pinto Beans, Brown Rice, Jello, Flour Tortilla, 1% Milk</td>
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<td>Baked Pork Chops, Sweet Potatoes, Broccoli/Cauliflower/Carrot, Yogurt, Dinner Roll w/ Margarine, 1% Milk</td>
<td>Cajun Chicken &amp; Sausage Jambalaya w/ Peppers &amp; Onions, Green Peas, Brown Rice, Orange, 1% Milk</td>
<td>Garlic Tilapia, Steamed Potatoes, Collard Greens, Dinner Roll w/ Margarine, Strawberries, 1% Milk</td>
<td>Baked Ziti, Steamed Green Beans &amp; Mushrooms, Garlic Breadstick, Pears, 1% Milk</td>
<td>Cheeseburger, Sweet Corn, Steak Fries w/ Ketchup, Watermelon, 1% Milk</td>
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The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative.
Los Volcanes Senior Center Breakfast Menu

**BREAKFAST MONDAY - FRIDAY 8AM - 9AM**

**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**

**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**

**A La Carte Items**

- Pancake (1): **$.25c**
- French Toast (1): **$.25c**
- Waffle: **$1.00,** w/Fruit: **$1.50**
- Fruit: **$.50c**
- Oatmeal: **$.75c**
- Bacon/Sausage: **$.50c**
- Eggs: **$.25c**
- Hash Browns: **$.30c**
- Toast/Tortilla: **$.20c**
- Side of Red/Green: **$.25c**
- Milk or Juice: **$.25c**
- Large Juice: **$.50c**

[Image]

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

**A La Carte Lunch Menu Available**

- Hot or Cold Sandwich: **$1.50**

  - Small Salad: **$1.00**
  - Large Salad: **$2.00**

Free Hot Meal Option still available for members 60+ on a reservation basis
No Reservation required for A La Carte Menu