



## Closure

Los Volcanes will be  
**CLOSED Monday, May 30** for the  
Memorial Day Holiday



## HIGHLIGHTED CLASS OF THE MONTH: ORIGAMI

Interested in learning the art of Origami? Jean & Janet will teach you the many different ways to form an Origami masterpiece. No Fee, Material list provided by instructor.

**THURSDAYS 1:30 - 3:30PM**



## NEW CLASS: ZHINENG QIGONG



Join our new Zhineng Qigong 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

## Center Hours

Mon, Tue, Wed, Fri: 8a-5p

Thur: 8a - 7p

Sat: 9a-1p

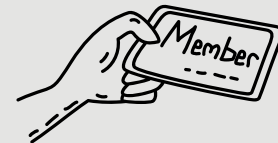
Sun Closed

## Special Events

### Membership Drive!

- **Wednesday May 4**  
9 - 11am
- **Wednesday May 25**  
1 - 3pm

**We will be giving away treats & goodies to those who'd like to renew their memberships!**



## 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!



Accredited by   
National Institute of Senior Centers

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

## 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.

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Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual "A Senior I Know" Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year's celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars "May the Fourth Be With You" Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque's older adults and the impact they have made on our community!

Best,  
Anna Sanchez, Director  
Department of Senior Affairs



## Upcoming Presentations

### Estate Planning Presentation

Please join SCLO staff for a presentation on Estate Planning at the **Los Volcanes Senior Center**, on **Thursday, May 5, 2022, at 9:00 AM**. The presentation will cover estate planning, including Wills and Powers of Attorney

### Power of Attorney Workshop

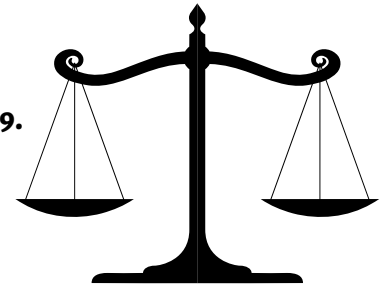
Please join SCLO staff attorneys at the **Los Volcanes Senior Center** on **Friday, May 20, 2022 from 9:00 AM to 11:00 AM** for a Power of Attorney Presentation & Workshop.

Both health care and financial powers of attorneys and cremation authorizations will be discussed and attorneys will assist seniors in completing the forms.

Please bring the names, phone numbers, and addresses of the people you would like to appoint as your agents for the powers of attorney.

Please bring a photo ID with you to the workshop.

**You must sign up at the front desk or call 505-767-5999.**



## 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.



## BIRTHDAY PARTY CELEBRATION!

Come Celebrate with us!

**Friday, May 6**

**10am - 11am**

Sponsored By:



**OAK  
STREET  
HEALTH**



## Ageless Artisan Craft Fair

The first annual Ageless Artisan Craft Fair will feature works of Albuquerque's talented senior center community members at **North Domingo Baca Multigenerational Center** on **May 21, 2022 from 9am-1pm**. Older adult artists will have an opportunity to showcase their many talents such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and open to the general public



## National Senior Health and Fitness Day

In observance of National Senior Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults.

Join us on **May 25, 2022 from 9am-12pm** at the **ABQ Bio Park Botanic Gardens** for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden.

- Free admission for the first 500 adults 50 years or older, including one caregiver per adult.
- Pre-registration encouraged to reserve your spot and expedite registration on event day.
- Space is limited.
- Having Trouble Registering? Please dial 311 for assistance



## Monday

Woodcarving: 8:30 am - 10:30 am  
 Billiards 8 am - 5 pm  
 Ceramics: 9 am - 12 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  
 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 - 3:30pm



## Wednesday

Billiards 8 am - 5 pm  
 Puzzle: 8am - 5 pm  
 Open Computer Lab: 9 am - 1 pm  
 Crochet: 9 am - 12 pm  
 Pottery: 9 am - 12 pm  
 Poker: 12: 30 pm - 4:30 pm  
 Pinochle: 12:30 pm - 4 pm  
 Tin Class: 1:30 pm - 4 pm



## Thursday

Billiards 8 am - 7 pm  
 Puzzle: 8 am - 7 pm  
 Drawing: 9 am - 11 am  
 Porcelain Dolls: 9 am - 11 am  
 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 - 3:30pm  
 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 - 5pm  
 Flea Market: 8 am - 11 am  
 Ceramics: 9 am - 12 pm  
 Beginning Classical Guitar Group: 10 am - 12 pm  
 Plastic Canvas: 1 pm - 3 pm  
 Crochet: 1:30 pm - 3: 30 pm  
 Bingo: 2pm - 4 pm



## Saturday

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



# 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, May 5: Paul Pino & Tone Daddies

Thursday, May 12: Pure Gold

Thursday, May 19: Impression

Thursday, May 26: Tino's Band

## 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, May 25**

**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, May 27 is the Lottery at 10:15am**



## Friendship Coffee

A cup of coffee shared with a friend is happiness & time well spent



**May 5: 12pm - 1:30pm**

**May 12: 12pm - 1:30pm**

**May 13: 8:30am - 9:45am**

**May 19: 12pm - 1:30pm**

**May 20: 8:30 - 9:45am/12pm - 1:30pm**

**May 26: 12pm - 1:30pm**

**May 27: 8:30am - 9:45am**

Thank you to the following Sponsors:



## Dessert Social

Join us for monthly dessert socials with all the fixings!



**Ice Cream Social**

**Wednesday, May 4**

**10:15 am - 11:15 am**



**Pie Social**

**Friday, May 20, 10:15 am - 11:15 am**

Thank you to the following sponsor:



## Vaccine Clinic

Covid Vaccine & Covid Booster, No appointment necessary

**Thursday, May 19**

**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.

**ONE  
ALBUQUE  
RQUE**

# May 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> <li>◆ Chicken Tender with BBQ Sauce</li> <li>◆ Green Beans</li> <li>◆ Sweet Potatoes</li> <li>◆ Diced Peaches</li> <li>◆ 1% Milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Salmon with Garlic Butter Sauce</li> <li>◆ Vegetables</li> <li>◆ Brown Rice</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Stir Fry: Beef/ Broccoli/Pepper/ Onions</li> <li>◆ Steamed Carrots</li> <li>◆ Orzo</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Turkey Pot Pie: Turkey/Mixed Vegetables</li> <li>◆ Diced Beets with Onions</li> <li>◆ Biscuit</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Southwest Omelet with Red Chile</li> <li>◆ Diced Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 
9 <ul style="list-style-type: none"> <li>◆ Ground Beef/Diced Tomato/Cheese</li> <li>◆ Calabacitas</li> <li>◆ Pinto Beans</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>◆ Cheese Tortellini with Meat Sauce</li> <li>◆ Breadstick</li> <li>◆ Vegetables</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul> 	11 <ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork with Pineapple</li> <li>◆ Brown Rice</li> <li>◆ Vegetables</li> <li>◆ Honeydew</li> <li>◆ 1% Milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Cajun Tilapia</li> <li>◆ Vegetables</li> <li>◆ Cornbread</li> <li>◆ Strawberries</li> <li>◆ 1% Milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Chicken Breaded Patty with White Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Vegetables</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 
16 <ul style="list-style-type: none"> <li>◆ Red Chile Beans with Beef</li> <li>◆ Cornbread</li> <li>◆ Peach Cobbler</li> <li>◆ 1% Milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Baked Cod with Tartar Sauce</li> <li>◆ Brown Rice</li> <li>◆ Vegetables</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Salisbury Steak with Mushroom/Gravy</li> <li>◆ Vegetables</li> <li>◆ Mashed Potatoes</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Baked Chicken Thigh</li> <li>◆ Collard Greens</li> <li>◆ Succotash</li> <li>◆ Pineapple Chunks</li> <li>◆ 1% Milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ BBQ Pulled Pork</li> <li>◆ Sweet Potato</li> <li>◆ Vegetables</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul> 
23 <ul style="list-style-type: none"> <li>◆ Garlic Tilapia</li> <li>◆ Stewed Tomatoes</li> <li>◆ Green Beans</li> <li>◆ Jell-O</li> <li>◆ 1% Milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>◆ Spaghetti with Meat Sauce</li> <li>◆ Spinach with Onions</li> <li>◆ Warm Sliced Apples</li> <li>◆ 1% Milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Corn with Peppers</li> <li>◆ Vegetables</li> <li>◆ Honeydew</li> <li>◆ 1% Milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Sliced Turkey and Gravy</li> <li>◆ Stuffing</li> <li>◆ Vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Mini Corn Dog with Mustard</li> <li>◆ Steamed Potato</li> <li>◆ Vegetables</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 



The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.

# BREAKFAST MONDAY - FRIDAY 8AM - 9AM

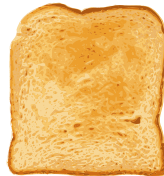
**Full:** 2 Eggs, toast or tortilla, potatoes,  
& choice of bacon or sausage **\$1.50**

**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**

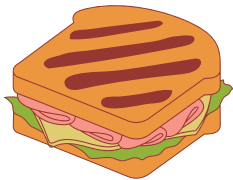
**Fridays:** Huevos Rancheros: **\$1.50**



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

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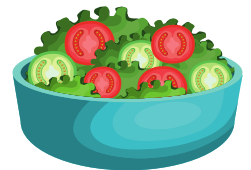
## A La Carte Lunch Menu Available



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

