

April

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors



ACUPRESSURE

Mondays from 9:00 a.m. - 1:00 p.m.
starting on Monday, April 3
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.

FOOT REFLEXOLOGY

Tuesdays from 9:00 a.m. - 12:00 p.m.

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

Please call Sylvia Baca, (469) 223-2390 to schedule an appointment

Intro to Reflexology the last Tuesday of the month from 8:30 a.m. - 9:00 a.m.



GREEN DAY SPRING DANCE

Join us as we celebrate spring with refreshments! Wear your favorite flower and get in the dance for free!

Music by Enchanted Four

Thursday, April 20 1:30 p.m. - 4:00 p.m.

Sponsored by:



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



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

- 04/03/23: Acupressure Class Begins
- 04/14/23: Senior Tech Connect
- 04/20/23: Green Spring Dance



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.

Movie Matinee

Join us for movies and Popcorn at no charge!

Afternoon Movie:
Grease

Wed. April 26, @ 2:00 p.m.



Thursday Afternoon Dances

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



Thursday, April 6: Impression
Thursday, April 13: Desert Springs
Thursday, April 20: Enchanted Four
Thursday, April 27: Milagro

Monthly Birthday Party

Come Celebrate with us!

Wednesday, April 12

10:15 a.m. - 11:15 a.m. or sold out

Sponsored by



Join us for monthly dessert socials with all the fixings from
10:15 a.m. - 11:15 a.m. or sold out
Ice Cream Social (1st Wednesday): Wed., April 5
Pie Social (3rd Thursday): Thur., April 20

Dessert Social

Teeniors

Teeniors are tech savvy teens and young adults that assist with teaching seniors how to use tech through one-on-one coaching. Whether you have questions about your phone, computer or anything online. our goal is to empower you to connect with your loved ones, engage with your community and the world through technology, while provided paid, meaningful jobs for NM youth!

RSVP Required

May 2, 4, 9, 11, 16, 18, 23, 25

3:00 p.m. - 5:00 p.m.

Here at LVSC



AARP Driver Safety Course

Monday, April 3 (Waitlist)

Monday, May 1

12:00 p.m. - 4:00 p.m.

Call 505-767-5999 to Register

Cost: \$20 for AARP Members,

\$25 for non-members



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, April 25 and Wednesday, April 26

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. **(NEW)**
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.



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/ Sylvia, see front)**
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. **(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 Wednesday)
Ice Cream Social: 10:15 a.m. - 11:15 a.m. or sold out (1st Wed.)
Monthly Birthday Celebration: 10:15 a.m. - 11:15 a.m. or 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 (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.
Pie Social: 10:15 a.m. - 11:15 a.m. or 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.
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.

SAVE THE DATE!

50+ SENIOR TECH CONNECT



A chance for older adults to explore today's technology

APRIL 14, 2023

🕒 8:30 A.M. to 12:30 p.m.

📍 Palo Duro Senior Center

- PRIZES
- FUN TIMES
- REFRESHMENTS
- DEMONSTRATIONS
- HANDS-ON LEARNING

INTERESTED IN
BECOMING A
SPONSOR?

CALL
(505) 768-3862
FOR MORE
INFORMATION



Volunteers in Action

Introducing DSA's New Volunteer Program for ALL-AGES: **VIA (Volunteers In Action)**

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

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**

April 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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
<ul style="list-style-type: none"> ◆ Salisbury Steak w/ mushroom gravy ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Teriyaki Pork/Fajita Blend ◆ Brown Rice ◆ Stir Fry Vegetable ◆ Dinner Roll ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Chef Salad ◆ Macaroni Salad ◆ Croissant ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Frito Pie: Beef ◆ Steamed Broccoli ◆ Corn Chips ◆ Tapioca Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Pasta w/Diced Tomatoes ◆ Steamed Green Beans ◆ Seasonal Fruit ◆ 1% Milk
10	11	12	13	14
<ul style="list-style-type: none"> ◆ Creamy Garlic Baked Chicken ◆ Seasoned Orzo Pasta ◆ Seasonal Vegetable ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Egg Salad Sandwich ◆ Mediterranean Mixed Bean Salad ◆ Croissant ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajita ◆ Spanish Brown Rice ◆ Calabacitas ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop w/ Au Jus ◆ Sweet Potatoes ◆ Steamed Beets ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sloppy Joe: Beef ◆ Tater Tots ◆ Steamed Green Beans ◆ Chocolate Cake ◆ 1% Milk
17	18	19	20	21
<ul style="list-style-type: none"> ◆ Carne Adovada: Pork/Red Chile ◆ Pinto Beans ◆ Calabacitas ◆ Sugar Cookies ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Egg/Cheese Omelet w/peppers/onions ◆ Stewed Tomato ◆ Hash Browns ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Patty w/Swiss Cheese ◆ Tater Tots ◆ Lettuce/Tomatoes/Onions ◆ Hamburger Bun/Mustard/Ketchup ◆ Baked Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sause ◆ Spinach ◆ California Blend ◆ Seasonal Fruit: ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk
24	25	26	27	28
<ul style="list-style-type: none"> ◆ Bean & Cheese Burrito topped w/Red Chile ◆ Spanish Rice ◆ Calabacitas ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Wheat Dinner Roll/Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Southern Baked Chicken ◆ Turnip Greens/Black-Eye Peas ◆ Brown Rice w/Red Peppers ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cheese Ziti ◆ Steamed Green Beans ◆ Seasonal Vegetables ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey w/Gravy ◆ Scalloped Potatoes ◆ Green Peas ◆ Seasonal Fruit ◆ 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 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**

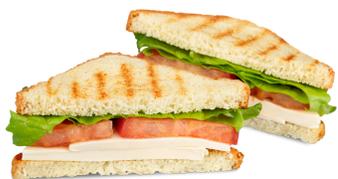
Thursdays: Biscuits & Gravy: **\$1.00**

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

***Please no bills larger than
\$10.00***



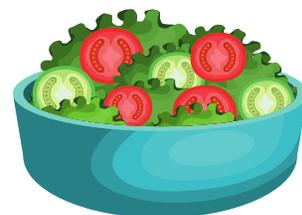
A LA CARTE MENU MONDAY - FRIDAY 11:30 A.M. - 1:00 P.M.



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
RQUE**