

# APRIL 2024

Los Volcanes Senior Center Newsletter  
6500 Los Volcanes Rd , NW 87121  
505.767.5999  
cabq.gov/seniors

## Welcome to Los Volcanes

April is set to unveil an array of exciting experiences at the Los Volcanes Senior Center!

We just completed our new classroom, tailored to host an assortment of activities. We invite you to join us on this journey of discovery and enrichment. As we have started scheduling classes in our new room,

The adventures don't stop there! Here are some of the upcoming trips from Los Volcanes, on April 1st, immerse yourself in the cultural charm of Chimayo, followed by a culinary delight at its renowned restaurant. Then, on April 23rd, treat yourself to a tranquil retreat at Ojo Caliente, followed by a visit to a local restaurant.

If you have not tried our beginning line dance class, this is a great opportunity to try it out. Our beginner dance class instructor is taking a brief hiatus, but fear not! A skilled substitute stands ready to gracefully guide you through the steps, ensuring every move is filled with joy and rhythm.

We also invite you to mark your calendars for our Tech Connect trip to Manzano Mesa on April 19th, where we promise enlightening insights into the ever-evolving world of technology.

And let's not forget the captivating entertainment and invigorating classes awaiting you, so check the schedule for a list of new classes being offered! Join us for the screenings of Blue Beetle, and dive into rejuvenating practices like Zhineng Qigong and Sacred Dance, promising a month filled with diverse experiences and boundless inspiration. Don't forget to sign up at the front desk!

Another exciting announcement, get ready for the upcoming construction of our parking lot, expected to take place in early June.

At Los Volcanes Senior Center, April isn't just another month—it's an opportunity to embrace new beginnings, forge lasting connections, and savor the richness of life's adventures. We can't wait to embark on this journey with you!

-Los Volcanes Senior Center

## 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

Julio Santiesteban  
Center Manager

Matthew Montoya  
Program  
Coordinator

Rath Chaleunphonh  
Office Assistant

Nastasia Lane  
Program Assistant

Reina Goode  
Program Assistant

Anthony Casaus  
General Services

David Maccornack  
Cook

Adrian Luna  
Kitchen Aid

Frank Franco  
Kitchen Aid

## Upcoming Dates



## Announcements



# Participant Code Of Conduct

## Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.

## Management.

7. Bring issues involving the operations of the Center to management's attention for resolution.

## Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

## GEHM CLINIC AND DENTAL

Wednesday, April 24 8:30 p.m. - 12:00 p.m.



Partnering with University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!

## AARP Driver Safety Course

Monday, April 1, 2024

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

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

**AARP**  
Driver Safety

## Porcelain Dolls Class

Every Thursday, 9:00 a.m. - 11:30 a.m.

The Los Volcanes Porcelain Dolls group is seeking new members! For your first project you will have access to supplies, materials, and firing equipment. Join us and learn how to make your own porcelain doll!



## Line Dancing (Beginning)

Thursdays from 9:30 a.m. - 11:00 a.m.

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



## Smartphone Assistance

Need assistance with your smartphone?  
Stop by and receive this help.

Thursday mornings from 8:30 a.m. - 10:30 a.m.

**\*sign up at the front desk\***

## Vet to Vet

A seasoned advocate is joining the effort to secure veteran benefits, bringing expertise and dedication to streamline the process. Their commitment ensures that every eligible veteran receives the recognition and support they rightfully deserve.

April 17, 2024

3rd Thursday mornings from 10:00 a.m. - 12:00 a.m.

**\*appointment required**

**Sign up at the front desk\***



## Senior Citizens Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.



Thursday, April 25, 2024

10:00 a.m. - 12:00 p.m.

**\*Sign up at front desk\***



## DSA Advisory Council

April 15, 2024, starting at 12:00 p.m.

Highland Senior Center

131 Monroe St NE 87108



## 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.  
Beginning Guitar: 9:00 a.m. - 10:30 a.m. **(Class full, Waitlist Available)**  
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 at front desk)**  
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.  
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.  
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. **(Class Full, Waitlist Available)**  
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)  
Poker: 12:30 p.m. - 4:30 p.m.  
Pinochle: 12:30 p.m. - 4:30 p.m.  
Tin Class: 1:30 p.m. - 4:00 p.m.  
Intermediate Classical Guitar: 1:30 p.m. - 3:00 p.m. **(Class full, Waitlist Available)**



### 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.  
Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**  
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. - 11:00 a.m.  
Mah Jongg: 12:30 p.m. - 4:30 p.m.  
Poker: 12:00 p.m. - 5:30 p.m.  
Spite and Malice: 12:30 p.m. - 3:30 p.m.  
Origami: 1:30 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.)  
Classical Guitar Group: 10:00 a.m. - 12:00 p.m.  
Flea Market Lottery: 10:15 a.m. **(Last Friday of month)**  
The Hooked Generation-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.**



# April 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<ul style="list-style-type: none"> <li>◆ Salisbury steak w/gravy</li> <li>◆ Roasted redskin potatoes</li> <li>◆ Malibu blend vegetables</li> <li>◆ Fruit mix</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Rotisserie chicken</li> <li>◆ Brown rice</li> <li>◆ Beets</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey chef salad</li> <li>◆ Orzo pasta w/red peppers</li> <li>◆ Croissant</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Bean &amp; cheese burrito topped w/red chile and cheese</li> <li>◆ Collard greens</li> <li>◆ Calabacitas</li> <li>◆ Apple</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Garlic tilapia</li> <li>◆ Pasta w/diced tomatoes</li> <li>◆ Green beans</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul>
8	9	10	11	12
<ul style="list-style-type: none"> <li>◆ Sloppy joe</li> <li>◆ Ranch beans</li> <li>◆ Mixed vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Diced pork w/BBQ sauce</li> <li>◆ Butter parsley and red potatoes</li> <li>◆ Steamed carrots</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey fajitas w/tortilla</li> <li>◆ Spanish rice</li> <li>◆ Mexi-corn</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg salad sandwich</li> <li>◆ Cucumber, tomato, red onion</li> <li>◆ 3 bean salad</li> <li>◆ Honey dew</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Breaded cod w/tartar sauce</li> <li>◆ Orzo pasta w/ black olives</li> <li>◆ Green beans</li> <li>◆ Chocolate cake</li> <li>◆ 1% milk</li> </ul>
15	16	17	18	19
<ul style="list-style-type: none"> <li>◆ Carne adovada</li> <li>◆ Tortilla</li> <li>◆ Spinach</li> <li>◆ Pinto beans</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked chicken</li> <li>◆ Mashed potatoes</li> <li>◆ Collard greens</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef patty w/mushroom and Swiss</li> <li>◆ Mixed vegetables</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Denver omelet</li> <li>◆ Stewed tomato</li> <li>◆ Diced potatoes</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/meat sauce</li> <li>◆ Imperial blend vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Green apple</li> <li>◆ 1% milk</li> </ul>
22	23	24	25	26
<ul style="list-style-type: none"> <li>◆ Frito pie</li> <li>◆ Imperial blend vegetables</li> <li>◆ Corn chips</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Bratwurst with onion and peppers</li> <li>◆ Hoagie roll</li> <li>◆ Baked beans</li> <li>◆ Diced potatoes</li> <li>◆ White cake</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork loin</li> <li>◆ Black eyed peas</li> <li>◆ Brown rice w/red peppers</li> <li>◆ Cookie</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked ziti w/mozzarella cheese</li> <li>◆ Mixed vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Apple sauce</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef tips w/noodles</li> <li>◆ Malibu blend vegetables</li> <li>◆ Peach crumble</li> <li>◆ Dinner roll w/margarine</li> <li>◆ 1% milk</li> </ul>
29	30	1	2	3
<ul style="list-style-type: none"> <li>◆ Chicken tender w/BBQ sauce</li> <li>◆ Green beans</li> <li>◆ Sweet potatoes</li> <li>◆ Diced peaches</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Salmon w/garlic butter</li> <li>◆ Fajita blend vegetables</li> <li>◆ Brown rice</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef stir fry</li> <li>◆ Steamed carrots</li> <li>◆ Orzo</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Southwest omelet w/red chile</li> <li>◆ Diced potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey pot pie</li> <li>◆ Diced beets</li> <li>◆ Baked cinnamon apples</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 Breakfast Items

Pancake (1): **.25¢**, French Toast (1): **.25¢**

Waffle: **\$1.00**, w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.70¢**

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.**

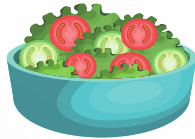
**Hot or Cold Sandwich: \$1.50**

**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.**

LOS VOLCANES SENIOR CENTER PRESENTS:

## The Film Fiesta

Wednesday, April 10th  
(Second Wednesday of the Month)

Starting time: 1:30 pm

Popcorn free with movie!

Movie Subject to change



### DATE

April 2, 2024

Sign in-9:15Am

Depart-9:30Am

Arrive back at center-4:00 Pm

CHIMAYO AND RANCHO DE CHIMAYO RESTRAUNT



### Entry Cost

- NO COST

Food expense bring cash the check is together.

OJO CALIENTE AND LUNCH AT A LOCAL RESTRAUNT

### Entry Cost

-\$45

-Meal at own expense bring cash check is together.

### DATE

April 23, 2024

-Sign in-9:30 Am

-Depart-9:45Am

-Back at center-4:00 Pm

## Thursday Afternoon Dances

Thursdays 1:30 p.m. to 4:00 p.m.

\$3 with current membership!

Thursday, April 4  
AMISTAD

Thursday, April 11  
LATIN SOUL

Thursday, April 18  
DESERT SPRINGS

Thursday, April 25  
PAUL PINO AND THE TONE DADDIES



### DATE HAIRCUT AT



April 10, 2024

Sign in-9:00 Am

Depart-9:20 Am

Arrive back at center-12:00 Pm

Sign up at the front!

### Entry Cost

\$5



### INTERACTIVE CLASSES

#### ZHINENG QIGONG LESSON

-MONDAY, APRIL 1ST

-MONDAY, APRIL 8TH

11:00 AM TO 1:00 PM

SIGN UP AT THE FRONT!



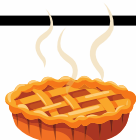
#### SACRED DANCE WORKSHOP

FRIDAY APRIL 26TH  
9:00 AM TO 11:00 AM

SIGN UP AT THE FRONT!



PIE SOCIAL (SECOND WEDNESDAY OF THE MONTH) APRIL 10TH 10 AM UNTIL SUPPLIES LAST



ICE CREAM SOCIAL (FIRST WEDNESDAY OF THE MONTH) APRIL 3RD 10 AM UNTIL SUPPLIES LAST



SANDSTONE BLUFFS LONG LOOP APRIL 10TH CHECK IN 8:00 AM DEPART 8:15 AM RETURN 3:30 PM



SIGN UP AT THE FRONT DESK!

### HIKING



CERRILLOS STATE PARK APRIL 24TH CHECK IN 8:00 AM DEPART 8:15 AM RETURN 3:30 PM