

# April

“There is no glory in  
star or blossom till  
looked upon by a  
loving eye; there is no  
fragrance in April  
breezes till breathed  
with joy as they  
wander by.”  
-William Cullen  
Bryant

## Center Hours

Mon, Tues, Wed, Fri:  
8 am - 5 pm  
Thurs: 8 am - 7 pm  
Sat: 9 am- 1 pm  
Sun: Closed



Director  
Anna M. Sanchez

## Los Volcanes Senior Center Staff

Julio Santiesteban  
Center Manager

Nastasia Lane  
Program Coordinator

Ariana Lira  
Office Assistant

Cil Baza  
Program Assistant

Reina Goode  
Program Assistant

Anthony Casaus  
General Services

David Maccornack  
Cook

Adrian Luna  
Kitchen Aid

Frank Franco  
Kitchen Aid

**HOPPY EASTER!**



ONE ALBUQUE senior affairs  
SANTA BARBARA MARTINEZTOWN  
MULTIGENERATIONAL CENTER PRESENTS:

## Centenarian Birthday Celebration

April 10th, 2025

COME JOIN US FOR A CELEBRATION  
WITH THE LIVE BAND LA RAZA AND  
COME DANCE WITH US TO CELEBRATE  
A CENTURY OF BEING ALIVE!

RSVP WITH THE FRONT DESK AT 505-767-5671	ENTRY: FREE START AT 1:30 PM-3:00 PM
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SANTA BARBARA MARTINEZTOWN  
MULTIGENERATIONAL CENTER  
1825 EDITH BLVD NE 87102  
505-767-5671

ONE ALBUQUE senior affairs  
Department of Senior Affairs

## SENIOR EASTER PARTY

WEDNESDAY  
APRIL 16  
2-4 PM

Join us at Bear Canyon Senior  
Center for fun, games, music, a  
photo booth, hotdogs & other  
refreshments.

Sponsors:  
Giving Home Health Care  
Beehive Homes  
Friends of Bear Canyon  
Rio Metro  
Oak St. Health

Decorated Bonnet Contest  
(Submit your decorated Easter Bonnet the day of the  
event - Prize for Winner)

# Participant Code Of Conduct



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.
  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.



Sign up at front desk for computer help!

Thursday, April 24th 3pm-5pm

A chance for older adults to explore today's technology

**50+ SENIOR TECH CONNECT**

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

**APRIL 11, 2025**

**8:30AM - 12:30PM**

Prizes & Fun Refreshments Demonstrations Computer Classes Hands-on Learning No Registration Required

**(505)764-6475**

ONE ALBUQUERQUE senior affairs diverselT. TEENIORS

Scan to Learn More! <https://www.cbq.gov/seniors/events>

## Senior Citizens Law Office

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

Thursday, April 24, 2025

10 am - 12 pm

Sign up at front desk for one-on-one\*



Thank you Karaoke Dreamin' for all the great tunes!



## 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 3rd & 17th 2025

(1st & 3rd Thursday mornings)

10 am - 12 pm

\*appointment required

Sign up at the front desk\*



## GEHM CLINIC

Tuesday & Wednesday

April 22nd & 23rd 8:30am-12pm



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

## AARP Driver Safety Course

Monday, April 7th 2025

12 pm - 4 pm



Cost: \$20 for AARP members, \$25 for non-members



## DSA Advisory Council Meeting

April 21, 2025 @ Noon

North Domingo Baca Multigenerational Center





**Dine in lunch is served 11:30 am - 1 pm Monday - Friday.**  
**Please call 767-5999 to make your reservation by 1:00pm the day prior.**

**ONE  
ALBUQUE  
RQUE**

**APRIL 2025**

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.

*I tried something  
nuevo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
<ul style="list-style-type: none"> <li>♦ Chicken Tamales 2ea</li> <li>♦ Red Chile 1oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Berry Compote 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Pork Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Pasta 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 6oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Veggie Green Chile Cheeseburger 1ea</li> <li>♦ Diced Potatoes 4oz</li> <li>♦ Succotash 4oz</li> <li>♦ Pudding 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Garlic Butter Tilapia 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Grapes 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
7	8	9	10	11
<ul style="list-style-type: none"> <li>♦ Rotisserie Chicken 4oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Salisbury Steak 4oz</li> <li>♦ Green Chile Gravy 2oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Asian Diced Pork 3oz</li> <li>♦ Peppers 2oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Fortune Cookie 2ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Macaroni &amp; Broccoli 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Breaded Cod 4oz</li> <li>♦ Tarter Sauce 1ea</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Calabacitas 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
14	15	16	17	18
<ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>♦ Red Chile 2oz</li> <li>♦ Spinach 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Pudding 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Fajita 4oz</li> <li>♦ Tortilla 2ea</li> <li>♦ Brown Rice 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Bowtie Pasta 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 6oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Spaghetti 4oz</li> <li>♦ Mushrooms 2oz</li> <li>♦ Roasted Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon 1ea</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Apple 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 
21	22	23	24	25
<ul style="list-style-type: none"> <li>♦ Turkey Tetrazzini 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Penne Pasta 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Berry Compote 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Pork Tamales 2ea</li> <li>♦ Red Chile 1oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Calabacitas 4oz</li> <li>♦ Pudding 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Omelet 3oz</li> <li>♦ Peppers &amp; Onions 2oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Apple Slices 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Baked Chicken 3oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
28	29	30	1	2
<ul style="list-style-type: none"> <li>♦ Salisbury Steak 3oz</li> <li>♦ Gravy 1oz</li> <li>♦ Rosemary Potatoes 4oz</li> <li>♦ Malibu Blend 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Pears 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Garlic Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Lasagna 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Diced Pork 3oz</li> <li>♦ Gravy 2oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 

**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.

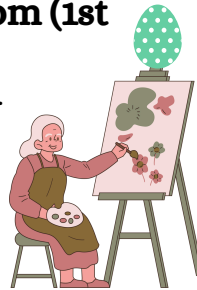


# Daily Classes and Activities



## Monday

Woodcarving: 8:30 am - 10:30 am  
Billiards 8 am - 4:45 pm  
Ceramics: 9 am - 12:00 pm (Class is full waitlist available)  
Beginning Guitar: 9 am - 10:00 am, 11:00 am - noon (Class full, Waitlist Available)  
Open Computer Lab: 9 am - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Pickleball: 9:30 am - 11 am  
Beginning Guitar: 11 am - 12 pm  
Rummikub: 12 pm - 3 pm  
AARP Smart Drive Course: 12 pm - 4 pm (1st Monday)  
Woodcarving (Power): 11am - 2:30 pm  
Pickleball: 1:30 pm - 4 pm



## Tuesday

Billiards: 8 am - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Painting: 9 am - 11 am  
Open Computer Lab: 9 am - 4:45 pm  
Bible Study: 9:30 am - 11 am  
Swedish Weaving: 12 pm - 2 pm (Class full, Waitlist Available)  
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 - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Open Computer Lab: 9 am - 4:45 pm  
Crochet: 9 am - 12 pm  
Pottery (Intermediate): 9 am - 12 pm  
Fishing Club Meetings: 9 am - 10 am  
Pickleball: 9:30 am - 11 am (5th Wed.)  
Poker: 12:30 pm - 4:30 pm  
Pinochle: 12:30 pm - 4:30 pm  
Swedish Weaving: 1:00 pm - 3:00 pm (Class full, waitlist available)  
Tin Class: 1:30 pm - 4 pm



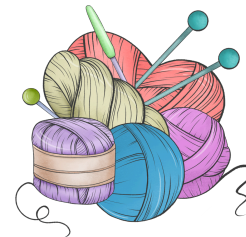
Friendly Reminder

## Thursday

Fishing Club Trip: Time is TBA  
Billiards: 8 am - 6:45 pm  
Puzzle: 8:00 am - 6:45 pm  
Sketching: 9 am - 11 am  
Porcelain Dolls: 9 am - 11 am  
Open Computer Lab: 9 am - 6:45 pm  
Line Dancing (Beginning): 9:30 am - 11 am  
Mah Jongg: 12:30 pm - 4:30 pm  
Poker: 12 pm - 5:30 pm  
Spite and Malice: 12:30 pm - 3:30 pm  
Origami: 1:30 pm - 3:30 pm  
Pottery: Open Studio: 1:30 pm - 4:30 pm  
Afternoon Dance: 1:30 pm - 4:15 pm  
Pickleball: 4:30 pm - 6:30 pm

## Friday

Billiards: 8 am - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Flea Market: 8 am - 11 am  
Ceramics: 9 am - 12 pm (Class is full waitlist available)  
Open Computer Lab: 9 am - 4:45 pm  
Classical Guitar Group: 10 am - 12 pm  
Flea Market Lottery: 10:15 am (Last Friday of month)  
The Hooked Generation-Crochet: 1:30 pm - 3:30 pm  
Bingo: 2 pm - 4 pm



## Saturday

Billiards: 9 am - 12:45 pm  
Puzzle: 9 am - 12:45 pm  
Open Computer Lab: 9 am - 12:45 pm  
Salsa Aerobics: 9:30 am - 10:30 am

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.



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

**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**

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**Tim Martinez at 505-764-6450** for further clarification.

**Thank you in advance for your cooperation.**

**Happy Earth Day!**  
**Plant Exchange**  
**April 22nd 10am-11am**  
Bring one, Take one



**Thursday Afternoon Dance**  
**\$3 with Current Membership**  
**Thursdays 1:30 pm - 4 pm**

**April 3rd**  
**Enchanted Four**

**April 10th**  
**La Raza**

**April 17th**  
**No Dance**

**April 24th**  
**Antonio Y Los Unicos**



**Los Volcanes Sweet Shop**



**ICE CREAM SOCIAL**  
(1ST WEDNESDAY OF THE MONTH)  
**APRIL 2ND**  
10 AM UNTIL SUPPLIES ARE GONE.

**PIE SOCIAL**  
(2ND WEDNESDAY OF THE MONTH) **APRIL 9TH**  
10 AM UNTIL SUPPLIES LAST

**Easter Egg Hunt!!**

**Find & count the Easter eggs in this newsletter.** Tell the front desk the correct number and receive an **Easter treat!**

**One treat per person**  
**(While supplies last)**



**Open space Visitors Center**

Learn about Conservation Biology!

**Tuesday, April 22nd**  
**check in: 9:30 am**  
**Return: 12:30 pm**

**Free Admission!**

**Free Ride!**  
Santa Fe  
National Cemetery



**Santuario De Chimayo & Lunch!**

**Friday, April 11th**  
**check in: 8:45 am**  
**return: 4 pm**

**Bring Cash for Lunch**

*Mystery Lunch Trip with Angel*

**Tuesday, April 8th**  
**Check in 11 am**  
**Return 2 pm**



## Hiking

**Thursday, April 3, 2025 - Three Gun Spring**  
(Sign up on hiking website)

**Thursday, April 17, 2025 - Oso Ridge-Embudito Loop**  
(Sign up on Hiking website)



**DATE**

**April 23, 2025**

**Sign in - 9:30 am**

**Depart - 9:45 am**

**Arrive back at center - 12:30 pm**



**\$5 Hair cuts**  
**(tips appreciated)**

**Sign up at the front desk!**

