

April

Los Volcanes Senior Center Newsletter

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



Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department's funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City's budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00-1:30 pm, and "Coffee with Constituents" at Barelvas Senior Center on Thursday, April 23, from 8:30-9:30 am. I look forward to connecting with you in person!

Here's to a beautiful April filled with sunshine and good health!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs

As we welcome spring
Can you spot all the hidden eggs in our newsletter?

Count them up and let the front desk staff know your total!
Get it right... and there might just be a fun prize waiting for you

March Advisory Council Meeting
at Manzano Mesa Multigenerational
Monday, April 20^h @ 12:00 pm



Coffee with Constituents
Barelvas Senior Center
Thursday, April 23 @ 8:30-9:30 am

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

Frank Franco
Kitchen Aide

HOPPY EASTER!



What do you call a bear
caught in April
showers?



A drizzly bear

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

Ezabel Luna, Glenn Karnus, Dolores Angel, Alberto Dominguez
volunteers of the year

Accredited by
National Institute of
Senior Centers





Spring Clean Flea Market

Wednesday, April 22nd
8:30 am- 11:30 am

Tables \$2, Tables available for purchase beginning April 1st @ 10 am.

Must be current member.



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:

8. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
9. Using of racial slurs or abusive language.
10. Using voice or behavior that will disturb other Center participants.
11. 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.
12. 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).
13. Fighting with other participants or staff.
14. Bringing bicycles into the facility.
15. Smoking in City facilities or on City premises.
16. Consuming or possessing alcoholic beverages in City facilities or on City premises.
17. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
18. Selling, soliciting, or panhandling in Centers.
19. Eating in any pool room or computer lab.
20. Removing food from the meal site area when participating in the congregate meal.
21. Vandalizing or damaging Center facilities, equipment or materials.

Senior Citizens Law Office
Provides general legal information. Divorces, wills and criminal issues are not included.

Thursday, April 23, 2026
10 am- 12 pm
Sign up at front desk.



Los Volcanes Sweet Shop

ICE CREAM SOCIAL
(1ST WEDNESDAY OF THE MONTH)
April 1st
@10 AM WHILE SUPPLIES LAST



PIE SOCIAL (2ND WEDNESDAY OF THE MONTH) April 8th
@10 AM WHILE SUPPLIES LAST

GEHM CLINIC

Wednesday, April 22, 2026
8:30 am- 12:00 pm



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 6th 2026
12 - 4 pm
Sign up at front desk.

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



Birthday Celebration
April 9th @ 1:00 pm



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 2nd and April 16th, 2026

1st & 3rd Thursday mornings

10 am- 12 pm

*appointment required

Sign up at the front desk*



There will be NO Bingo on
April 3rd or April 10th

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

A P R I L

I tried something **nuev**

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
30 Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	31 Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	1 Chicken Tetrzzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	2 Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	3 Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz
6 Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	7 Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	8 Frito Pie 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	9 Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	10 Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
13 Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	14 Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	15 Chicken Fajita 4oz Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	16 Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	17 Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
20 Carne Adovada w/ Red Chili 3oz Spinach 2oz Pinto Beans 4oz Tortilla 4oz Vanilla Pudding 2ea 1% Milk 8oz	21 Beef Fajita Meat w/ Gravy 4oz Mashed Yams 1oz Collard Greens 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 8oz	22 Mushroom Swiss Beef Patty 1ea Normandy Blend 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	23 Spaghetti w/ Marinara Sauce 4oz Imperial Blend 2oz Garlic Bread Stick 4oz Apple Slices 1ea 1% Milk 8oz	24 Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 8oz
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ Noodles 3oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 4oz Margarine 1ea Pear 1pc 1% Milk 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweety Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	MAY 1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz



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.

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 or Pancake Breakfast: 2 french toast or pancakes & choice of bacon or sausage: \$1.00

Breakfast Specials

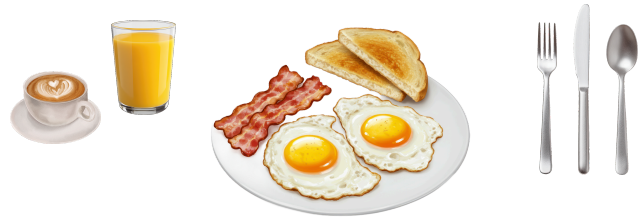
Mondays : English Muffin Sandwich \$1.00

Tuesdays : Deluxe Burrito (Smothered w/ lettuce, tomato): \$1.50

Wednesdays: Omelet w/ Texas Toast (Meat Lovers or veggie): \$1.50

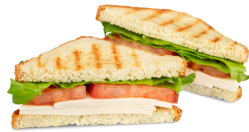
Thursdays: Biscuits & Gravy: \$1.00

Fridays: Huevos Rancheros: \$1.50



A La Carte Breakfast Menu

- Pancake (1): .25¢,
- French Toast (1): .25¢
- Waffle: \$1.00
- Oatmeal: .70¢
- Bacon/Sausage: .50¢,
- Eggs: .25¢
- Hash Browns: .30¢
- Toast/Tortilla: .20¢
- Side of Red/Green: .25¢
- Milk or Juice: .25¢



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 for Hot meal \$2.00 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.

Daily Classes and Activities

Monday

Woodcarving: 8:30 am- 10:30 am
 Billiards 8 am - 4:45 pm
 Intermediate Ceramics: 9 am - 12:00 pm (**Class is full waitlist available**)
 Intermediate Guitar: 9 am - 10:00 am (**Class is full, Waitlist Available**)
 Beginners Guitar - 10:30 am- noon (**Class is full, Waitlist Available**)
 Open Computer Lab: 9 am - 4:45 pm
 Puzzle: 8 am - 4:45 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



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



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
 Ukulele- Beginners 10 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



Friday

Billiards: 8 am - 4:45 pm
 Puzzle: 8 am - 4:45 pm
 Flea Market: 8 am - 11 am
 Mexican Train: 9 am- 11:30 am
 Intermediate Ceramics: 9 am - 12 pm (**Class full waitlist available**)
 Open Computer Lab: 9 am - 4:45 pm
 Classical Guitar Group: 11 am - 1 pm **CLOSED GROUP**
 Flea Market Lottery: 10:15 am (**Last Friday of month**)
 Meditation & Metaphysical Discussion Group: 1:30 pm- 3 pm
 Sgraffito: 1:00pm- 3 pm
 The Hooked Generation-Crochet: 1:30 pm - 3: 30 pm
 Bingo: 2 pm - 4 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 (**Class is full, waitlist Available**)
 Fishing Club Meetings: 9 am - 10 am
 Karaoke 9:30am-11:30am
 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



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

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.

Upcoming Events

Sign-up for trips begins Wednesday,
April 1st @ 9am

JIM'S NITE TRAIN

Wednesday,
April 15th

1:30 pm- 3:30 pm

FREE Dance Event!



Trip to the New Mexico
Museum of Natural History &
Science- GRAND
REOPENING!
Lunch to follow at
Sawmill Market at your
expense.

Wednesday, April 29th
Check-in: 9 am
Return: 2:30 pm (Approx.)

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

April 2nd
NO DANCE- Holy Week

April 9th
Desert Springs

April 16th
La Raza

April 23rd
Peter Vigil & The All- Star Band

April 30th
Paul Pino & the Tone Daddies



DSA Walking
Group @ the Zoo

Tuesday,
April 14th
Check in: 8:30 am
Return: 12:00 pm
(Approx.)
Free admission.

Mystery Lunch Trip with Angel



Tuesday, April 14th
Check in 11 am
Return 2 pm



Hiking

April 2, 2026- Oso Ridge Embudito Loop

April 16, 2026- Pueblo Lateral
south to Los Ranchos (Sign up on April 2)

April 30, 2026- Querencia Loop (Sign up
on April 16)
*Sign up at front desk.

"Are you age 55+ and interested in serving your community while utilizing the skills you have acquired over the years? We have volunteers serving across education, health, social service, government, and non-profit agencies. Contact the RSVP office at (505) 767-5225 to find an opportunity that is a perfect fit for you!"



**FREE Ride to the
Santa Fe National Cemetery**

May 13th & June 10th

****Sign in at the front desk****

AVEDA INSTITUTES

\$5 Haircuts

(tips appreciated)

Monday, April 20th, 2026

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center-12 :30 pm

