

August 2024

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors

Welcome to Los Volcanes



Ode to the Land of Enchantment

Oh, New Mexico, thy beauty is vast,
From sun-soaked deserts to mountains so
grand,
A land of enchantment, with history and charm,
Thy landscapes and cultures, a magical balm.
Adobe houses, with walls kissed by sun,
Ancient pueblos, where stories begun,
The Rio Grande, a river of might,
Illuminating thy land with its watery light.
Oh, New Mexico, thy skies are so wide,
With colors that deepen as day turns to night,
A canvas of hues, from orange to red,
A feast for the eyes, a sight to be fed.

John Gould Fletcher

Center Hours

Mon, Tue, Wed, Fri: 8:00am-5:00 pm

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

Vacant
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

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, August 28 8:30 p.m. - 12:00 p.m.

Partnering with the 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!



Senior Services Helpline

505-764-6400

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!

AARP Driver Safety Course

Monday, August 5, 2024

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



Driver Safety

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

Humana Birthday Celebration

Thursday, August 8th 1pm-2pm



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.

Saturday mornings from 9:00 a.m. - 11:00 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.

August 15, 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, August 22, 2024

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

Sign up at front desk

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Daily Classes and Activities

Monday

Woodcarving: 8:30 a.m. - 10:30 a.m.
Billiards 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.
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)**
Beginning Spanish: 1:00 p.m. - 2:30 p.m.
Woodcarving (Power): 11:00 a.m. - 2:30 p.m.
Pickleball: 1:30 p.m. - 4:00 p.m.



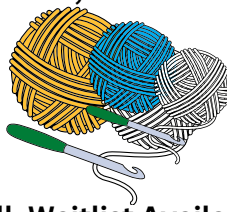
Tuesday

Billiards: 8:00 a.m. - 4:45 p.m.
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.
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 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.
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.
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.
Smartphone Assistance: 9 a.m. - 11:00 a.m.
(Sign up at front desk)
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.

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August 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
29	30	31	1	2
<ul style="list-style-type: none"> ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5	6	7	8	9
<ul style="list-style-type: none"> ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Roasted pork loin w/brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk 
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Salisbury steak w/brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	<ul style="list-style-type: none"> ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked garlic tilapia w/ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26	27	28	29	30
<ul style="list-style-type: none"> ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 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 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.

**ONE
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Upcoming Events

Trips!

LOS VOLCANES SENIOR
CENTER PRESENTS:

The Film Fiesta



Wednesday, AUGUST 14th
(Second Wednesday of the Month)

Starting time: 1:30 pm

Free Popcorn
with movie!

Braveheart



Thursday Afternoon Dances

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

Thursday, AUGUST 1
Chili Bean Express

Thursday, AUGUST 8
Peter Vigil the All Star Band

Thursday, AUGUST 15
Brother's Trio

Thursday, AUGUST 22
Antonio y Los Unicos

Thursday, AUGUST 29
Paul Pino & the Tone Daddies



Ice Cream
Social (first
Wednesday
of the
month) Aug 7
@ 10am until
supplies last



PIE SOCIAL
(SECOND
WEDNESDAY
OF THE
MONTH)
AUGUST 14TH
10 AM UNTIL
SUPPLIES LAST

DATE

AUGUST 14th, 2024
(Wednesday)

Sign in-9:30 am

Depart-9:45 am

Arrive back at center-2:15 PM

Lunch @ the Sawmill Market

Albuquerque Natural History
Museum



Palo Duro Golden Jubilee

Open House

Thursday, August 15th

Bus leaves at 8:30am and returns at 1pm
Sign up at the front desk

DATE

AUGUST 21, 2024

Sign in-9:00 Am

Depart-9:20 Am

Arrive back at center-2:00 Pm

HAIRCUT AT

A | Aveda Institutes

Sign up at
the front!

Entry
Cost
\$5



Mystery Lunch Trip with Angel,
Tuesday, August 13th

Check in 11:00 am

Return 2:00 pm

Lunch at your own expense



CHALLENGE ROCKY POINT KLAUS TRAILS

AUGUST 14TH

CHECK IN 8:30 AM

DEPART 8:45 AM

RETURN 3:00 PM

HIKING



SIGN UP AT THE
FRONT DESK!



SANDIA CREST TO
DEL AGUA
AUGUST 28TH
CHECK IN 8:30 AM
DEPART 8:45 AM
RETURN 3:00 PM