

Los Volcanes Senior Center Newsletter

August

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors

The World Senior Citizen's Day is celebrated on 21 August each year. The celebration took place for the first time in 1991. The day is intended to increase awareness of the factors and issues that affect older adults, such as health deterioration and elder abuse. It is also a day to recognize and acknowledge the contributions of older people to society.



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



Thank you

We are grateful to all those women and men who served our country, built our cities, shared their wisdom, raised generations of leaders and worked so hard to give us all the blessings we enjoy today.

"For all that they have achieved throughout their lives and for all that they continue to do, we owe our gratitude and sincere greetings to our senior citizens. We can show our gratitude and appreciation better by making sure our communities are good places. Places where older people can participate as much as possible and find the encouragement, acceptance, support and services they need to continue living a life of independence and dignity."
—Ronald Reagan



ONE ALBUQUERQUE senior affairs

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

Ezekiel Luna and Glenn Karns Volunteers of the month

Accredited by
National Institute of Senior Centers

ncoo



Senior Citizens' Law Office

POWER OF ATTORNEY CLINIC

Attorneys will guide attendees through completing Powers of Attorney for both Healthcare and Finances.

Tuesday, August 5, 2025 9 AM-11 AM

Senior Citizens Law Office

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

**Thursday, August 28th, 2025
10 am - 12 pm**

Sign up at front desk for one-on-one



Hands only CPR Class

This class offers a simplified technique that can be performed by anyone.

It is a non-certified version of compression-only CPR.

**Wednesday, August 13th
10am-12pm**

***Sign up at front desk.**



GEHM CLINIC

**Wednesday, August 20, 2025
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, August 4th, 2025
12 pm - 4 pm**

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



AARP
Driver Safety

COMMUNITY SAFETY SERIES

ENGAGE
with Community

Join us for conversation and connection with members of Albuquerque Community Safety and Albuquerque Police!

Learn about important topics such as:

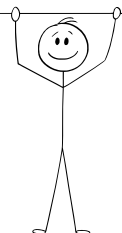
- Keeping yourself safe at home and around the city.
- Ways to keep your property safe.
- What to look for in your community.
- How ACS/APD can help you.

**Tuesday, August 12th
At 10:00 AM**

**Los Volcanes Senior Center
6500 Los Volcanes NW 87121**



SAFETY FIRST



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.



**Birthday Celebration!
August 14th @ 1:00 pm**

**Senior Health
Resource Center**

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 7TH & AUGUST 21ST
(1st & 3rd Thursday mornings)
10 am - 12 pm**

***appointment required
Sign up at the front desk***



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.



AUGUST 2025

**ONE
ALBUQUE
RQUE**

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
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken 4oz Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4	5	6	7	8
Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	Veggie Green Chile 4oz Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11	12	13	14	15
Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18	19	20	21	22
Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25	26	27	28	29
Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 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.

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 (Class full, Waitlist Available)
Open Computer Lab: 9 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Rummikub: 12 pm - 3 pm
Beginning Spanish: 1 pm-2:30 pm (\$20/class) **Class will resume September 8, 2025.**
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 (Class is full waitlist Available)
Fishing Club Meetings: 9 am - 10 am
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



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: 11 am - 1 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

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.

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 (Meat Lover (bacon, sausage, ham), 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.

Upcoming Events

Sign-up for trips begins Friday, August 1st
@ 9am

Los Volcanes Senior Center

LOS ALAMOS NATURE CENTER



Friday, August 15th

Sign in: 8:45 AM

Return: 4:00 PM (Approx.)



THE LOS ALAMOS NATURE CENTER IS A GREAT PLACE TO ENJOY THE BREATHTAKING VIEWS OF CANYONS, MESAS, MOUNTAINS, AND SKIES OF THE REGION.



FREE ADMISSION.
LUNCH TO FOLLOW AT YOUR OWN EXPENSE.

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

**August 7th
ROCK 'N' RAMON**



**August 14th
La Raza**



**August 21st FREE Dance
(National Senior Citizen's Day)
Enchanted Four**



**August 28th
Milagro**



In celebration of **National Senior Citizen's Day**, we will be having a **FREE** dance for all members on **Thursday, August 21, 2025.**
1:30 PM- 4:00 PM

Performance By: Enchanted Four



Los Volcanes Sweet Shop



**ICE CREAM SOCIAL
(1ST WEDNESDAY OF
THE MONTH)
10 AM UNTIL SUPPLIES
ARE GONE.
AUGUST 6TH, 2025**



**PIE SOCIAL
(2ND WEDNESDAY OF
THE MONTH)
10 AM UNTIL
SUPPLIES LAST
AUGUST 13, 2025**



Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

☎ 505-768-3630

🌐 cabq.gov/seniors/events



Scan this code with your phone to register!



Mystery Lunch Trip with Angel

Tuesday, August 12th, 2025

Check in 11 am

Return 2 pm



Hiking

August 7th, 2025 - No Hike Scheduled

August 21st, 2025- Las Conchas Short, Jemez Mountains

sign up at front desk

DATE

August 20th, 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!**



AVEDA INSTITUTES

