



A Message of Care and Commitment This August

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

Lemonade Bar !!!

Friday, August 14th

Starts at 10:30AM

Come enjoy a **FREE** refreshing lemonade in honor of

National Lemonade Day

EZ-PZ Lemon squeezy



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

Janel Powell
Kitchen Aide

Frank Franco Kitchen
Aide

These facilities will be
closed for Employee
Training

August 3 to August 7,
2026:

Barelas Senior Center
North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center



For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website.



AI SCAM & FRAUD PRESENTATION

August 18th @ 9:30 am

Presenter: Joel Wigelsworth

New Mexico Securities Division | New Mexico Regulation & Licensing Department

Learn how artificial intelligence is being used in today's scams and how to avoid becoming a victim.

Topics include:

- AI-generated scams
- Audio & video deepfakes
 - Voice cloning
 - Caller ID spoofing
- Fraud prevention tips and consumer resources

SIGN UP @ FRONT DESK.

Calling All Artisans & Crafters!

Applications Open:

August 3, 2026, 8:00 am

Applications Close:

August 28, 2026, 5:00 pm

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am – 2:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St. SE

Questions? Call 505-275-8731

Join us for Coffee with
Constituents on August 27th
at 8:30am-9:30am at
Bear Canyon Senior Center



GEHM CLINIC

August 26th

8:30 am-Noon



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 3rd 12pm -4pm

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



AARP
Driver Safety

**SENIOR
CITIZENS
LAW OFFICE**

Thursday,
August 27, 2026
10 am- 12 pm

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

Sign up at front desk.



August Advisory Council Meeting (NO ADVISORY MEETING IN AUGUST)

Advisory Council webpage:

<https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council>

Zoom meeting link:

<https://cabq.zoom.us/j/89110160434>



Remaining 2026 schedule:

August – No meeting

- Monday, September 21, 12:00–1:30 p.m. – North Domingo Baca Multigenerational Center
- Monday, October 19, 12:00–1:30 p.m. – Barelas Senior Center
- Monday, November 16, 12:00–1:30 p.m. – Conway Wood Northwest Multigenerational Center
- December – No meeting



Birthday Celebration!



Thursday, August 13th @ 1 pm



Estate Planning for Seniors Presentation



Tuesday, August 25th
3:30 pm- 4:30 pm



Presented By: Cristy J. Carbón-Gaul,
attorney and judge

Learn about organizing your legal, financial, and healthcare documents to protect your assets and dictate your future wishes.

SIGN UP AT 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 6th & August 20th

(1st & 3rd Thursday mornings) 10 am – 12 pm
appointment required Sign up at the front desk

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

Tuesday

Billiards: 8 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Painting: 9 am - 12 pm
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

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



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
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
Flea Market Lottery: 10:15 am (**Last Friday of month**)
Pinochle: 12 pm - 4 pm
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.

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**

AUGUST 2026

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
3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	6 Green Chile Veggie Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	12 Spaghetti w/ Meatballs 4oz Marinara 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	13 Cheese Omelet w/ Red Chile 3oz Stewed Tomato 1oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
17 Teriyaki Beef w/ Brown Rice 3oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
24 Sliced Ham w/ Pineapple Sauce 3oz Ranch Beans 1oz Spinach 4oz Cornbread 4oz Peach 1ea 1% Milk 4oz 1% Milk 8oz	25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	27 Anti-Inflammatory Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 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, Tortilla Or toast, potatoes, & choice of 2 bacon or sausage Butter/Jelly: **\$4.00**

Mini: 1 Egg, Totilla Or Toast, potatoes & choice of Bacon Or Sausage Butter/Jelly: **\$3.00**

Burrito: Tortilla, Egg, Potato, cheese, choice of Bacon Or Sausage & red or green chile: **\$4.00**



English Muffin Sandwich: 1 Egg, 1 bacon or Sausage, Cheese, Muffin: **\$3.00**

Breakfast Taco: Eggs, Potatoes, Cheese, Tortilla: **\$2.00**

Oatmeal: Butter and Sugar: **\$1.00** ***Chile is now avalibale with every meal!!***

Breakfast Specials

Huevos Rancheros: 2 Eggs, Beans, Corn tortillas, Cheese, Choice of Red or Green Chile ***(Tuesdays and Fridays only)***: **\$5.00**

Beverages

Orange Juice, Milk, Hot Tea: **\$0.50**

Coffee: ***(complimentary)***



Please Notice: Breakfast is available to adults aged 50 and older. Limit 2 of the same item per person to ensure availability for all. Thank You.

Notice

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Thank you in advance for your cooperation.

**ONE
ALBUQUE
ROQUE**

Upcoming Events

TRIP SIGN-UP BEGINS
Monday, August 3rd @ 9 am
Must be in person with current membership

Movie Matinee

WEDNESDAY, AUGUST 5TH

Come enjoy a **FREE** movie with popcorn
Starts At 2:00 PM

**NOW
SHOWING**



All About Medicare

Meet with agents to discuss changes to Medicare coverage for Presbyterian members. *Lunch to follow at Central Grille & Coffee House*
Thursday, September 10th - 11am- 12pm
Monday, September 21st - 9am- 10am

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



August 6th
ROCKN RAMON

August 13th
Paul Pino & the Tone Daddies

August 20th
Desert Spring

August 27th
Southern Trail

Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST
WEDNESDAY OF THE
MONTH) **August 5th 10AM**
UNTIL SUPPLIES ARE GONE

PIE SOCIAL (2nd
WEDNESDAY OF THE
MONTH) **August 12th 10AM**
UNTIL SUPPLIES ARE GONE



Albuquerque Aquarium

&

Botanical Garden

(Lunch to Follow @ Los Compadres)

(LUNCH AT YOUR OWN EXPENSE)

Thursday, August 13th

Check in:
8:45 am



**Return: 2:30
pm
(Approx.)**

Admission: \$5.50

BIG JIM'S FARM

GREEN CHILE U-PICK

Wednesday, August 19th

Check in: 8:30 AM
Return: 1:30 PM (Approx.)

See Flyer for Prices



Hiking



**August 6, 2026- Aspen Vista to Big Tesuque
Campground (Lunch to Follow in SF)**

August 20, 2026- Cave Creek

***Sign up at front desk.**

Mystery Lunch Trip with Angel

Tuesday, August 11th

Check in 11 am

Return 2 pm



A Aveda Institutes

\$5 Hair cuts
(tips appreciated)

Tuesday, August 18th

Sign in - 9:30am

Sign up at the

Depart - 9:45am

front desk!

Arrive back at center - 12:30pm

