

# December



Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

[cabq.gov/seniors](http://cabq.gov/seniors)

## Upcoming Closures

Los Volcanes will be **CLOSED** the following days:

- **Monday, December 25 for Christmas**
- **Monday, January 1, 2024 for New Years Day**



# 2024

## Teeniors at Los Vocanes

**Wednesday, December 13**

**3:00 p.m. - 5:00 p.m.**

Teeniors at Los Volcanes

Teeniors (tech-savvy teens who help seniors learn technology will be here at

Los Volcanes!

**\*Sign up at the front desk\***



## Porcelain Dolls Class

**Thursdays, 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!

## Center Hours

Mon, Tue, Wed, Fri: 8:00 a.m.-5:00 p.m.

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

America Bercomo, Center Manager

Micheal Duran, Program  
Coordinator

Rath Chaleunphonh, Office

Assistant

Nastasia Lane, Program Assistant

Reina Goode, Program Assistant

Anthony Casaus, General Services

Adrian Luna, Cook

## Upcoming Dates & Announcements

**12/25: CLOSED for Christmas  
Holiday**

**01/01/24: CLOSED for New Years**



# 2024

# 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.
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.

## Foot Reflexology

Reflexology is a hands-on modality that relaxes and restores the body working the hands and/or feet.

**Tuesdays 9:00 a.m. - 12:00 p.m.**

**\*Contact Catherine at 505-615- 4829 to schedule an appointment\***



## Line Dancing (Beginning)

**Thursdays from 9:30 a.m. - 11:00 a.m.**

**\*Back to basics starting in Nov.**

Join our revamped beginning line dancing class open for anybody who loves to line dance or wants to learn line dancing!

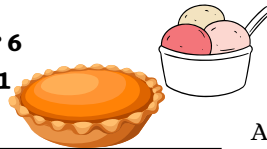
## Dessert Social

Join us for monthly dessert socials with all the fixings from

**10:15 a.m. - 11:15 a.m. or until sold out**

**Ice Cream Social (1st Wed.): December 6**

**Pie Social (3rd Thursday): December 21**



## AARP Driver Safety Course

**Monday, January 8, 2024**

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

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



Acupressure is a form of Chinese medicine, which restoring harmony in the body, mind and spirit. Focus primarily on physical pain, my particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system



**Mondays from**

**9:00 a.m. - 1:00 p.m.**

**\*Sign up at the front desk, sessions are in 45 min. increments\***

## Thursday Afternoon Dances

Thursdays 1:30 p.m. to 4:00 p.m.

\$3 with current membership!

**Thursday, December 7: La Raza**

**Thursday, December 14: Paul Pino + Tone Daddies**

**Thursday, December 21: Desert Springs**

**Thursday, December 28: Chile Beans Express**



## DSA Annual Holiday Luncheon

Please join us for the Department of Senior Affairs  
Annual Holiday Luncheon

**December 25, 11:00 a.m. - 1:00 p.m., tickets are \$4.00**

**Hosted by Barelmas Senior Center**

**Contact Barelmas, 505-764-6436 for more info**



## Senior Citizens Law Office

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

Thursday, January 25, 2024

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

\*Sign up at front desk\*



## Friendship Coffee

A cup of coffee shared with a friend is happiness tasted and time well spent

Friday, December 1, 8, 15 22, 29

8:30 a.m. - 10:00 a.m.



## DSA Advisory Council

No Meeting for December

## Message from Director Sanchez

Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,  
Anna Sanchez, Director



## Daily Classes and Activities

### Monday

Woodcarving: 8:30 a.m. - 10:30 a.m.  
Billiards 8:00 a.m. - 4:45 p.m.  
Garden Viewing/Discussion: 8:00 a.m. - 4:45 p.m.  
Ceramics: 9:00 a.m. - 12:00 p.m.  
Open Computer Lab: 9:00 a.m. - 4:45 p.m.  
Puzzle: 8:00 a.m. - 4:45 p.m.  
Acupressure: 9:00 a.m. - 1:00 p.m. **(Sign up at front desk)**  
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)**  
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.  
Garden Viewing/Discussion: 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.  
Reflexology: 9:00 a.m. - 12:00 p.m. **(Sign up w/ Catherine)**  
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.  
Garden Viewing/Discussion: 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.  
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)  
Ice Cream Social: 10:15 a.m. - 11:15 a.m. or until sold out **(1st 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.  
Afternoon Movie Matinee **(4th Wed., If applicable)**: 2:00 p.m. - 4:00 p.m.



### 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.  
Garden Viewing/Discussion: 8:00 a.m. - 6:45 p.m.  
Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**  
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. **(Extra Time)**  
Pie Social: 10:15 a.m. - 11:15 a.m. or until sold out **(3rd Thu.)**  
Mah Jongg: 12:30 p.m. - 4:30 p.m.  
Poker: 12:00 p.m. - 5:30 p.m.  
ABQ Rockhounds Group Meeting: 12:00 p.m. - 1 p.m. **(1st & 3rd Thu.)**  
ABQ Rockhounds Group Trip: Time is TBA **(2nd & 4th Thu.)**  
Spite and Malice: 12:30 p.m. - 3:30 p.m.  
Origami: 1:30 p.m. - 3:30 p.m. **(Sign up at front desk)**  
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.  
Garden Viewing/Discussion: 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.)  
Beginning Classical Guitar Group: 10:00 a.m. - 12:00 p.m. 12:00 p.m. -2:00 p.m.  
Flea Market Lottery: 10:15 a.m. **(Last Friday of month)**  
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.  
Garden Viewing/Discussion: 8:00 a.m. - 12:45 p.m.  
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.

**ONE  
ALBUQUE  
ROQUE**

# December 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
27 ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	28 ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	29 ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	30 ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	1 ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 
4 ♦ Salisbury steak w/green chile gravy ♦ Corn ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Yogurt ♦ 1% milk 	5 ♦ Turkey tetrazzini ♦ Brussel sprouts ♦ Peach cobbler ♦ Breadstick ♦ 1% milk 	6 ♦ Baked tilapia w/lemon and tartar sauce ♦ Rice pilaf ♦ Green beans ♦ Vanilla pudding ♦ 1% milk 	7 ♦ Chicken parmesan w/ mozzarella ♦ Carrots ♦ Breadstick ♦ Pineapple ♦ 1% milk 	8 ♦ Diced pork w/gravy ♦ Sweet potatoes ♦ Oriental blend vegetables ♦ Dinner roll w/margarine ♦ Jell-O ♦ 1% milk 
11 ♦ Pork egg rolls ♦ Butter noodle ♦ Brussel sprouts ♦ Fortune cookies ♦ Sweet & Sour sauce ♦ 1% milk 	12 ♦ Cheese omelet w/pepper, onions, spinach ♦ Stewed tomatoes ♦ Hash browns ♦ Pineapple ♦ 1% milk 	13 ♦ Chicken tamales w/green chile ♦ Pinto beans ♦ Calabacitas ♦ Chocolate pudding ♦ 1% milk 	14 ♦ Spaghetti w/meat sauce ♦ Green beans ♦ Breadstick ♦ Apple sauce ♦ 1% milk 	15 ♦ Baked salmon w/lemon sauce ♦ White rice ♦ Sliced beets ♦ Dinner roll w/margarine ♦ Orange ♦ 1% milk 
18 ♦ Breaded pollock ♦ Brown rice ♦ Corn w/red peppers ♦ Vanilla pudding ♦ 1% milk 	19 ♦ Turkey and brown rice w/gravy ♦ Green beans ♦ Cauliflower ♦ Orange ♦ 1% milk 	20 ♦ Baked chicken ♦ Mashed potato ♦ Broccoli ♦ Mixed fruit ♦ 1% milk 	21 ♦ Sloppy joe, hamburger bun ♦ Roasted green and red bell peppers ♦ Rosemary potato ♦ Peaches ♦ 1% milk 	22 ♦ Ham w/pineapple glaze ♦ Mashed potato ♦ Mixed vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 
25 <b>CLOSED</b> 	26 ♦ Cheeseburger ♦ Baked beans ♦ Normandy blend vegetables ♦ Chocolate chip cookie ♦ 1% milk 	27 ♦ Green chile chicken tamale ♦ Pinto beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	28 ♦ Macaroni w/ham & broccoli ♦ Spinach ♦ Peach cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	29 ♦ Baked cod fish w/tartar sauce ♦ Rice pilaf ♦ Carrots ♦ Jell-O ♦ 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.**