



Los Volcanes Senior Center Newsletter

December

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

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelitas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



Not So Silent Nightclub

Featuring Jim's Nite Train
Wednesday, December 17th

2:00 - 4:00 pm

Free

Los Volcanes Social Hall



"For all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page."

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

Los Volcanes Senior Center
will be CLOSED
Thursday,
December 25th in
Observance of Christmas



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, Glenn Karna, Angel, Alberto Dominguez: Volunteers of the year.

Accredited by
National Institute of
Senior Centers

nco



Participant Code of Conduct

AARP Driver Safety Course

Monday, December 1st
12 pm - 4 pm

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



Christmas Tree Trimming

Please join us for a jolly good time!

Wednesday, December 3rd
9 am - 10:30 am

Refreshments will be provided.

Santa at Los Volcanes

Join us

Wednesday, December 17th
at 10am. Santa will be here at LVSC to
give out toys to the good girls and boys
of the Los Volcanes Children's Center.



One on one computer and smart phone
assistance. Please sign-up at front desk.

Thursday, December 11th
3:00 pm - 5:00 pm



Senior Citizens Law Office



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

No general clinic date in December,
however, there will be a presentation.

SCAMS & IDENTITY THEFT: HOW TO PROTECT YOURSELF

December 16th @ 9:30 am

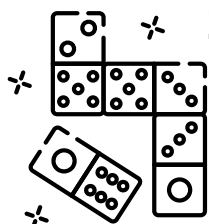
*Sign up at front desk!

NEW CLASS- Texas 42

Beginning Friday, December 5th

1:00 pm - 3:00 pm

Whether you know how to
play, or need to learn, join
us for this fun trick-taking
domino game!



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.



Birthday Celebration!

December 11th @ 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.

December 4th & December 18th
(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,
Beginners Guitar - 10:30 am - noon (Classes are 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 - 11 am
Open Computer Lab: 9 am - 4:45 pm
Bible Study: 9:30 am - 11 am
Ukulele-Beginners: 10 am - 11 am **NEW CLASS!**
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 (**Cancelled Dec. 19**)
Intermediate Ceramics: 9 am - 12 pm (Class is full waitlist available)
Open Computer Lab: 9 am - 4:45 pm
Classical Guitar Group: 10 am - 1 pm (**Cancelled dec. 19**)
Flea Market Lottery: 10:15 am (Last Friday of month)
Texas 42 (Domino game): 1:00 pm - 3:00 pm **NEW CLASS**
The Hooked Generation-Crochet: 1:30 pm - 3:30 pm
Bingo: 2 pm - 4 pm (**Cancelled Dec. 19.**)



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**

Breakfast Specials

Mondays: English Muffin Sandwich: **\$1.00**

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

Wednesdays: Omelet w/ Texas Toast
Meat Lovers (bacon, sausage, ham)
or
Veggie: **\$1.50**

Thursdays: Biscuits & Gravy: **\$1.00**

Fridays: Huevos Rancheros: **\$1.50**



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¢**

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.



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**

DECEMBER

*I tried something
nuevo*

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
 1	 2	 3	 4	 5
Salisbury Steak 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Chicken Tetrzzini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz	Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz	Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz	Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 8	 9	 10	 11	 12
Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz	Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz	Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz	BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz
 15	 16	 17	 18	 19
Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz	Beef & Diced Potatoes 4oz Bell Peppers/Onions/ Celery 3oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz	Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz	Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz	Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz
 22	 23	 24	CLOSED 25	 26
Green Chile Cheeseburger 1ea Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz	Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz		Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz
 29	 30	 31	CLOSED 1	 2
Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz		Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz

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Tim Martinez at 505-764-6450 for further clarification.

Thank you in advance for your cooperation.

Upcoming Events



AVEDA INSTITUTES

\$5 Hair cuts
(tips appreciated)

DATE

December 22, 2025

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center - 12:30 pm

Sign up at the front desk!



**Donate a new toy for
a child aged 3-5 years old.**

(For the boys and girls @ Los Volcanes Children's Center)



PLEASE BRING **UNWRAPPED** TOY DONATION BY
FRIDAY, DECEMBER 12TH

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

December 4th

Peter Vigil & The All-Star Band



**December 11th
Antonio y Los Unicos**



**December 18th
ROCKNRAMON**



**December 25th
CLOSED**



Los Volcanes Sweet Shop

ICE CREAM SOCIAL
(1ST WEDNESDAY OF
THE MONTH)
10 AM OR WHILE
SUPPLIES LAST
DECEMBER 3RD



PIE SOCIAL
(2ND WEDNESDAY OF
THE MONTH)
10 AM OR WHILE
SUPPLIES LAST
DECEMBER 10TH

**Sign-up for trips begins
Monday, December 1st at 9 am.**

SHOPPING IN MADRID

Friday, December 12, 2025

Check-in: 9 am

Return: 3:00 pm (Approx.)

Bring spending money for the many shops and galleries, and lunch to follow.



**OLD TOWN
HOLIDAY
STROLL**

Friday, December 5th, 2025

Check in: 4:30 pm

Return: 7:15 pm (Approx.)

Mystery Lunch Trip with Angel

Tuesday, December 9th

Check in 11 am

Return 2 pm



Hiking

December 11, 2025 - Manzano Open Space- Twin Peaks South

December 25, 2025- ~~CLOSED~~

Sign up at front desk

LVSC members at Acoma Pueblo

