



Los Volcanes Westside Rumor

ONE
ALBUQUE
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**LOS VOLCANES WILL BE
CLOSED FRIDAY, DECEMBER 24, SATURDAY,
DECEMBER 25 & FRIDAY, DECEMBER 31 &
SATURDAY, JANUARY 1, 2022**

SPECIAL EVENTS (DECEMBER)

**INTERGENERATIONAL HOLIDAY EVENT
WEDNESDAY, DECEMBER 15, 9:30AM - 11:00AM**

**6500 Los Volcanes Rd NW 87121
505-767-5999**

ncoa
National Institute of
Senior Centers

**" We are committed to providing resources with care
and compassion that help our community thrive while
embracing aging."**

Participant Code of Conduct

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

Please remember to visit the front desk to check in for your class.

Thank you!



Los Volcanes Hours of Operation

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

Thur: 8am - 7pm Sat: 9am - 1pm



HOLIDAY LUNCHEON 2021

With much excitement, we are looking forward to hosting our annual Holiday Luncheon in-person on Saturday, December 25, 2021 at our Highland Senior Center. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, please visit with Highland Senior Center staff to reserve your space and purchase your meal ticket today. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

Monthly Message from the Director

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,
Anna Sanchez



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MONDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Woodcarving: 8:30am - 10:30am
Pickleball: 9:30am - 11am
Rummikub: 12pm - 3pm
Woodcarving (Power): 1:30pm - 3:30pm

Tuesday

Billiards: 8am - 4:30pm
Puzzle: 8am - 4:30pm
Painting: 9am - 11am
Swedish Weaving: 9am - 11am
Bible Study: 9:30am - 11am
Mexican Train: 12:45pm - 4pm
Euchre: 12:30pm - 4:30pm
Mah Jongg: 12:30pm - 4:30pm
Salsa Aerobics: 2:30pm - 3:30pm

WEDNESDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Crochet: 9am - 12pm
Potter (Intermediate): 9am - 12pm
Fishing Club Meeting: 9am - 10am
Open Computer Lab: 9am - 1pm
Poker: 12:30pm - 4:30pm
Pinochle: 12:30pm - 4:30pm
Tin: 1:30pm - 4:00pm



WEEKLY ACTIVITIES SCHEDULE



THURSDAY

Billiards: 8am - 6pm
Puzzle: 8am - 6pm
Porcelain Dolls: 9am - 11am
Drawing: 9am - 11am
Poker: 12:30pm - 4:30pm
Mah Jongg: 12:30pm - 4:30pm

Friday

Billiards: 8am - 4:30pm
Flea Market: 8am - 11am
Open Computer Lab: 9am - 1pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Guitar Group: 10am - 2:30pm
Crochet: 1:30pm - 3:30pm
Bingo: 2pm - 4pm

SATURDAY

Billiards: 9am - 12:30pm
Puzzle: 9am - 12:30pm
Salsa Aerobics: 9:30am - 10:30am
Zhineng Qigong: 9:30am - 11am



THURSDAY AFTERNOON DANCE



Dance is held on Thursday from
1:30pm - 4:15pm
\$3.00 per person

December 2: De Lux

December 9: Desert Springs

December 16: Chile Beans Express

December 23 & 30: NO DANCE

Senior Law Office

Thursday, Dec. 23

10am - 12pm

Please call 265-2300

to make an

appointment



Dessert Social
10:15am - 11:15am (\$0.75)

Ice Cream

Wednesday, Dec. 8



PIE

FRIDAY, DEC. 16



Annual Senior Holiday Donation Drive

As we enter into the season for giving, Senior Affairs is collecting donations for the Annual Senior Holiday Donation Drive. The annual drive provides critical needs for Albuquerque's homebound older adult population. Examples of items needed are new towels, toiletries, personal hygiene products, adult depends, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off donations at any of our senior or multigenerational centers during center operating hours until December 31, 2021. For more information regarding locations and hours, please call 505-764-6400.

BREAKFAST MONDAY - FRIDAY, 8AM - 9AM

Full: 2 eggs, toast, potatoes & choice of bacon or sausage: \$1.50

Mini: 1 egg, toast, potatoes, & choice of bacon or sausage: \$.75

Burrito: Egg, potato, cheese, choice of bacon or sausage & red/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

WEEKLY SPECIALS!

Mondays Only: English Muffin Sandwich: \$1.00

Tuesdays Only: Deluxe Burrito (Smothered, Lettuce, Tomato): \$1.50

Wednesdays Only: Omelet w/ Texas Toast (Ham, Bacon, Sausage, or Veggie): \$1.50



Thursdays Only: Biscuits & Gravy: \$1.00

Fridays Only: Huevos Rancheros: \$1.50

A La Carte

Pancake (1): Plain (\$.25), w/Fruit: \$.75

French Toast (1): Plain: (\$.25), W/Fruit: \$.75

Waffle (1): Plain: (\$1.00), W/Fruit+Cream: (\$1.50)

Oatmeal Cups: \$.70

Bacon or Sausage: \$.50

Eggs: \$.25 Each

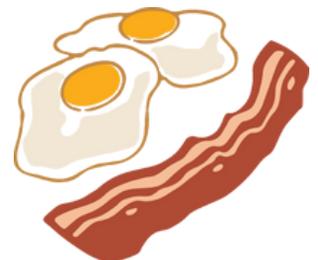
Potatoes: \$.30

2 Slices of Toast or 1 Tortilla: \$.20

Side of Red or Green Chile: \$.25

Milk or Small Orange Juice: \$.25

Large Orange Juice: \$.50



DECEMBER LUNCH MENU

Lunch is from 11:30am - 1:00pm

Please call 767-5999 to make a reservation by 1pm for the next day

Monday	Tuesday	Wednesday	Thursday	Friday
29 <ul style="list-style-type: none"> ♦ Salisbury Steak w/Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% Milk 	30 <ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% Milk 	1 <ul style="list-style-type: none"> ♦ Baked Tilapia w/Lemon and Tartar Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Pudding ♦ 1% Milk 	2 <ul style="list-style-type: none"> ♦ Chicken Parmesan w/Mozzarella ♦ Carrots ♦ Breadsticks ♦ Fruit cup ♦ 1% Milk 	3 <ul style="list-style-type: none"> ♦ Diced Pork w/Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner roll w/Margarine ♦ JellO ♦ 1% Milk 
6 <ul style="list-style-type: none"> ♦ Beef Stir -Fry ♦ Butter Noddle ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% Milk 	7 <ul style="list-style-type: none"> ♦ Cheese Omelet w/Peppers & Onions ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% Milk 	8 <ul style="list-style-type: none"> ♦ Pork Tamales/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable ♦ Pudding ♦ 1% Milk 	9 <ul style="list-style-type: none"> ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner roll w/Margarine ♦ Orange ♦ 1% Milk 	10 <ul style="list-style-type: none"> ♦ Spaghetti w/Spaghetti Sauce/Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Pineapple Chunks ♦ 1% Milk 
13 <ul style="list-style-type: none"> ♦ Carne Adovada/Red Chile ♦ Spanish Rice ♦ Corn w/ red peppers ♦ Pudding ♦ 1% Milk 	14 <ul style="list-style-type: none"> ♦ Turkey and Brown Rice/Gravy ♦ Green Beans ♦ Cauliflower ♦ Apricots ♦ 1% Milk 	15 <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruit ♦ 1% Milk 	16 <ul style="list-style-type: none"> ♦ Sloppy Joe: Hamburger Bun ♦ Roasted Green & Red Bell Peppers ♦ Rosemary Potato ♦ Fruit cup ♦ 1% Milk 	17 <ul style="list-style-type: none"> ♦ Macaroni & Broccoli: Pasta/Broccoli/Cheese ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll w/Margarine ♦ 1% Milk 
20 <ul style="list-style-type: none"> ♦ Baked Cod Fish/Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O w/Mixed Fruit ♦ 1% Milk 	21 <ul style="list-style-type: none"> ♦ Cheeseburger/Chopped Lettuce/Tomato/Onions ♦ Baked Beans ♦ Normandy Blend Vegetables ♦ Cookie ♦ 1% Milk 	22 <ul style="list-style-type: none"> ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% Milk 	23 <ul style="list-style-type: none"> ♦ Ham w/Pineapple Glaze ♦ Mash Potato ♦ Mixed Vegetables ♦ Holiday Dessert ♦ 1% Milk 	24 <p style="text-align: center;">Closed Holiday Christmas Day</p>
27 <ul style="list-style-type: none"> ♦ Texas Chili: Ground Beef, Kidney Bean ♦ Corn Bread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% Milk 	28 <ul style="list-style-type: none"> ♦ Asian Diced Beef w/Peppers ♦ Rice Pilaf ♦ Oriental Vegetable Blend ♦ Fortune Cookie ♦ 1% Milk 	29 <ul style="list-style-type: none"> ♦ Breaded Cod w/Tartar Sauce ♦ Crinkle Cut Fries/Ketchup ♦ Peas & Carrots ♦ JellO w/ Fruit ♦ 1% Milk 	30 <ul style="list-style-type: none"> ♦ Roasted Lemon Chicken ♦ Sweet Potato ♦ Blackeye Peas ♦ Dinner Roll w/Margarine ♦ Pudding ♦ 1% Milk 	31 <p style="text-align: center;">Closed Holiday New Year Day</p>