

# February 2024



Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

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

## Welcome to Los Volcanes

Exciting times are ahead at Los Volcanes Senior Center as we gear up for the upcoming Completion of Room 9, set to be completed soon!

We extend our heartfelt gratitude to Rudy Garcia for his generous gesture of treating the entire center to breakfast throughout the last week of January.

Get ready to dance the night away with our Cupids and Cuties Dance featuring the sensational Milagro on the 15th of February. But, that's not all – join us on Valentine's Day for a delightful pie social from 10-11 AM and a Movie and popcorn in the afternoon starting at 1:30 pm.

In the spirit of love, do you have a skill you want to teach? We are looking for volunteer instructors! If you're interested, simply ask for more information at the front desk.

### Special Announcement

Coming soon! The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

This Valentine's season, let the warmth of friendship and the joy of dance fill your hearts at Los Volcanes Senior Center. We can't wait to share these special moments with you!

Happy February from the staff of Los Volcanes!

## 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

Julio Santiesteban  
Center Manager

Matthew Montoya  
Program Coordinator

Rath Chaleunphonh  
Office Assistant

Nastasia Lane  
Program Assistant

Reina Goode  
Program Assistant

Anthony Casaus  
General Services

David Maccornack  
Cook

Adrian Luna  
Kitchen Aid

Frank Fraco  
Kitchen Aid

### Upcoming Dates & Announcements

**02/19/24: CLOSED for Presidents day**



# 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.



Wednesday, February 14

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\***



## ORIGAMI

Thursday

1:30 p.m. - 3:30 p.m

Discover the joy of origami at Los Volcanes Senior Center. Join our engaging class to master intricate folds, create beautiful paper masterpieces, and foster creativity in a vibrant community setting.

## GEHM CLINIC AND DENTAL

Wednesday, February 28 8:30 p.m. - 12:00 p.m.

Partnering with University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!



## Line Dancing (Beginning)

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

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

## DSA Advisory Council

February 26, 2024, starting at 12:00 p.m.

Bear Canyon Senior Center

4645 Pitt NE, 87111



## Smartphone Assistance

Need assistance with your smartphone?

Stop by and receive this help.

Thursday mornings from 8:30 a.m. - 10:30 a.m.

**\*sign up at the front desk\***

## AARP Driver Safety Course

Monday, February 5, 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

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

**are in 45 min. increments\***

## Porcelain Dolls Class

Every Thursday, 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!



Mondays from

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

## 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

Thursday mornings from 10:00 a.m. - 12:00 a.m.

**\*appointment required**

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

## Senior Citizens Law Office

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

Thursday, February 22, 2024

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

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



## 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.  
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.)  
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.



Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**

Line Dancing (Beginning): 9:30 a.m. - 11:00 a.m. **(Extra Time)**

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.



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.



### 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.

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# February 2024

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
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 
5 ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Sliced apples ♦ 1% milk 	6 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	7 ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	8 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/margarine ♦ 1% milk 	9 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
12 ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	13 ♦ Turkey w/gravy ♦ Mashed potatoes w/gravy ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	14 ♦ Ham and potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	15 ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	16 ♦ Baked cod w/tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 
19 	20 ♦ Baked ham w/pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	21 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	22 ♦ Baked ziti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 	23 ♦ Steak fingers w/white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/diced tomatoes ♦ Spinach ♦ 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**

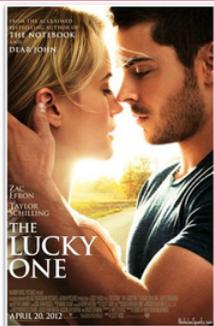
**Tim Martinez at 505-764-6450** for further clarification.

**Thank you in advance for your cooperation.**

LOS VOLCANES SENIOR CENTER PRESENTS:

**The Film Fiesta**

**Wednesday, February 14th**  
(Second Wednesday of the Month)  
**Starting time: 1:30 pm**



Popcorn free with movie!

Movie Subject to change



**Thursday Afternoon Dances**

Thursdays 1:30 p.m. to 4:00 p.m.  
**\$3 with current membership!**

Thursday, February 1  
**Chile Bean Express**



Thursday, February 8  
**Enchanted Four**

**Super Bowl Dance**  
**Special refreshments will be served**  
**Join us Dressed in your Jersey!**



Thursday, February 15  
**Milagro**

**CUPIDS AND CUTIES DANCE!**  
**JOIN US DRESSED IN RED**

Thursday, February 22  
**Amistad**

Thursday, February 29  
**Desert Springs**

**PIE SOCIAL**  
**(SECOND WEDNESDAY OF THE MONTH)**  
**FEB. 14TH**  
**10 AM**  
**UNTIL SUPPLIES LAST**



**ICE CREAM SOCIAL**  
**(FIRST WEDNESDAY OF THE MONTH)**  
**FEB. 7TH**  
**10 AM**  
**UNTIL SUPPLIES LAST**

**ALBUQUERQUE ART MUSEUM AND CHURCH STREET CAFE**



**Entry Cost**  
**-Free**  
**-Meal at own expense**

**DATE**  
**February 7, 2024**  
**-Sign in-9:30 Am**  
**-Depart-9:45 Am**  
**-Eat at Church Street Cafe**  
**-Back at center-2:00 Pm**

**ALBUQUERQUE BOTANICAL GARDEN AND LOS COMPADRES RESTAURANT**



**Entry Cost**  
**-Adults \$16**  
**-Seniors (65+) \$9**  
**-Meal at on own expense**

**DATE**  
**February 20, 2024**  
**Sign in-9:30 Am**  
**Depart-9:45 Am**  
**Eat at Los Compadres**  
**Arrive back at center-2:00 Pm**

**PRESENTATIONS**

**HERBS AND NUTRITION**  
**BY DR. VAL DE LA O**  
**TUESDAY FEB. 20TH**  
**10:00 AM TO 11:30 AM**  
**SIGN UP AT THE FRONT!**



**MEDITATION AND MINDFULNESS**  
**BY DEB PADILLA**  
**TBD**  
**SIGN UP AT THE FRONT!**



**POP UP CLASS**  
**VALENTINES DAY CARD CLASS**  
**BY GLORIA BARROS**  
**WEDNESDAY, FEB. 7TH**

**10:30 AM TO 11:30 AM**  
**SIGN UP AT THE FRONT!**