

February

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

The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of **250 words** detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.

Alongside your written story, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email.)

Anonymous submissions will be accepted; however, there is **no guarantee they will be featured.**

Drop entries off at any Senior or Multigenerational Center.
Stories will be collected until February 14, 2026.

**ONE
ALBUQUE
RQUE** senior affairs

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 Aide

Frank Franco
Kitchen Aide

CLOSURES

Monday, February
16th in
observance of
Presidents' Day



LOOK OUT FOR THESE NEW CLASSES @ LVSC!

←-----
-Meditation Group-

Friday (Bi-weekly): 1 pm-3 pm

-Mexican Train-

Friday: 9 am- 11:30am

-Sgraffito-

Friday: 1 pm- 3 pm

Beginning February 6th, 2026

Senior Citizens Law Office

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

Thursday, February 26, 2026

10 am- 12 pm

Sign up at front desk.



Los Volcanes Sweet Shop

ICE CREAM SOCIAL
(1ST WEDNESDAY
OF THE MONTH)
FEBRUARY 4TH
10 AM WHILE
SUPPLIES LAST



PIE SOCIAL (2ND
WEDNESDAY OF THE
MONTH) FEBRUARY
11TH 10 AM WHILE
SUPPLIES LAST

GEHM CLINIC

Wednesday, February 25,
2026

8:30 am- 12:00 pm



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, February 2, 2026

12 pm- 4 pm

Sign up at front desk.

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



Sign up at front desk for computer help!
Thursday, February 19th
3 pm- 5 pm

Participant Code Of Conduct

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!

February 12th @ 1:00 pm



scan

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.

February 5th, 2026 @ February 19th, 2026

1st & 3rd Thursday mornings

10 am- 12 pm

*appointment required

Sign up at the front desk*





*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.*



FEbruary

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
2	3	4	5	6
Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz 	Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz 	Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz 	Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz 	Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 
9	10	11	12	13
Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 	Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz 	Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 	Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz 	BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz 
CLOSED 16 	17	18	19	20
	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz 	Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz 	Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz 	Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz 
23	24	25	26	
Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz 	Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz 	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 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.

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 - 11 am

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

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 **NEW CLASS!**

Ceramics: 9 am - 12 pm (**Class full waitlist available**)

Open Computer Lab: 9 am - 4:45 pm

Classical Guitar Group: 11 am - 1 pm **CLOSED GROUP**

Flea Market Lottery: 10:15 am (**Last Friday of month**)

Meditation Group: 1 pm - 3 pm (**Bi-weekly**) **NEW CLASS!**

Sgraffito: 1 pm - 3 pm **NEW CLASS!**

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.

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 or Pancake Breakfast: 2 french toast or pancakes & choice of bacon or sausage: \$1.00

Breakfast Specials

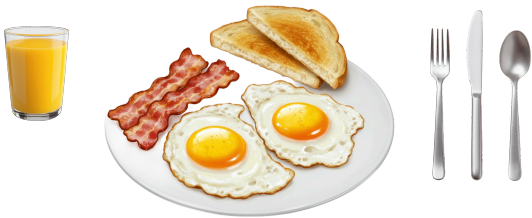
Mondays : English Muffin Sandwich \$1.00

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

Wednesdays: Omelet w/ Texas Toast (Meat Lovers or veggie): \$1.50

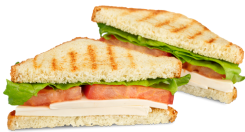
Thursdays: Biscuits & Gravy: \$1.00

Fridays: Huevos Rancheros: \$1.50



A La Carte Breakfast Menu

- Pancake (1): .25¢,
- French Toast (1): .25¢
- Waffle: \$1.00
- Oatmeal: .70¢
- Bacon/Sausage: .50¢,
- Eggs: .25¢
- Hash Browns: .30¢
- Toast/Tortilla: .20¢
- Side of Red/Green: .25¢
- Milk or Juice: .25¢



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 for Hot meal \$2.00 option still available for members 60+ on a reservation basis No Reservation required for A La Carte Menu

Notice

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Thank you in advance for your cooperation.

Upcoming Events

Red Velvet Rendezvous

featuring
Jim's Nite Train

Wednesday, February 18, 2026

2:00 -4:00pm



Sign-up for trips begins Monday,
February 2nd @ 9am

Belen Harvey House

**Friday, February 27th,
2026**

Check in: 11:15am

Return :4:15 pm

Lunch @Cafe at your own
expense



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

**February 5th
Milagro**

**February 12th
La Raza**

**February 19th
ROCKNRAMON**

**February 26th
Paul Pino & The Tone Daddies**



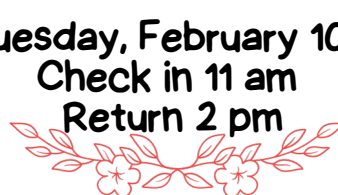
DSA Walking Group @ the Zoo

**Tuesday,
February 10th
Check in: 8:30 am**

Lunch to follow at
Barelas Coffee House
at your own expense.

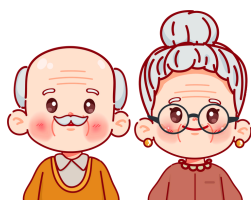
Mystery Lunch Trip with Angel

**Tuesday, February 10th
Check in 11 am
Return 2 pm**



Senior Day at the Round House February 13, 2026

Learn about New Mexico Aging Services
initiatives, budget and priorities, and help
advocate for funding that creates a
positive impact.



Hiking February 5, 2026- Silvery Minnow Habitat

**February 19, 2026- El Malpais Narrows
*sign up at front desk***

A Aveda Institutes

**\$5 Haircuts
(tips appreciated)**

Sign up at the front desk!

Monday, February 23rd

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center -12 :30 pm





As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also, every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on Thursday, February 26th from 8:30-9:30am. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,

*Anna Sanchez, Director
Department of Senior Affairs*



Department of Senior Affairs Annual Survey

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!

