

# February

## 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



# 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.

## 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 6<sup>th</sup> , 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 4<sup>TH</sup>  
10 AM WHILE  
SUPPLIES LAST



PIE SOCIAL (2ND  
WEDNESDAY OF THE  
MONTH) FEBRUARY  
11<sup>TH</sup> 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

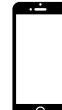
Monday, February 2, 2026

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 19<sup>th</sup>  
3 pm- 5 pm

**Birthday Celebration!**  
February 12<sup>th</sup> @ 1:00 pm



## 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 5<sup>th</sup> , 2026 & February 19<sup>th</sup> , 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.*

**ONE  
ALBUQUE  
RQUE**

# 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.

I tried something  
nuevo

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

**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): 11 am - 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)

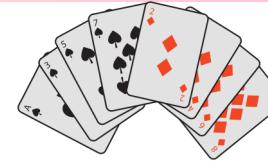
Fishing Club Meetings: 9 am - 10 am

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

**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¢

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

*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



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

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.



Sign-up for trips begins Monday, February 2<sup>nd</sup> @ 9am

## Belen Harvey House

Friday, February 27<sup>th</sup>, 2026

Check in: 11:15am

Return :4:15 pm

Lunch @Cafe at your own expense



## DSA Walking Group @ the Zoo

Tuesday,  
February 10<sup>th</sup>  
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

## Hiking

February 5, 2026- Silvery Minnow  
Habitat



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

AVEDA INSTITUTES

\$5 Haircuts  
(tips appreciated)

Sign up at the front desk!

Monday, February 23<sup>rd</sup>

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center -12 :30 pm



# Happy February!



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!

