

January

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



Happy
New Year

We will open the book. It's pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day

-Edith Lovejoy Pierce

Center Hours

Mon, Tues, 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

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

Upcoming Closures

Wednesday, January 1st
(Happy New Year)
Monday, January 20th
(Dr. Martin Luther King Jr.)

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.



Movie & Popcorn in Celebration of National Popcorn Day!



The Warrior's Way 'Rated R'



Wednesday, Jan. 22 2pm-4pm

Senior Citizens Law Office

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

Thursday, January 23, 2025

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

Sign up at front desk

Power of Attorney Presentation

Friday, January 24, 2025

10am - 12pm

Sign-up required



Karaoke Dreamin'

Join us the 2nd Wednesday of each

month from 10:00 AM-11:30 AM

Have a blast singing your favorite songs!

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.

January 16, 2025

3rd Thursday mornings

10:00 a.m. - noon

***appointment required
Sign up at the front desk***



Los Volcanes will be
CLOSED Monday, January 20
in Observance of Dr.
Martin Luther King Jr. Day



GEHM CLINIC AND DENTAL

Wednesday, January 29 8:30pm-12:00pm

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!

AARP Driver Safety Course

Monday, January 6, 2025

12:00 p.m. - 4:00 p.m.

Call 505-767-5999 to register
cost: \$20 for AARP members,
\$25 for non-members

AARP
Driver Safety



Daily Classes and Activities

Monday

Woodcarving: 8:30 a.m. - 10:30 a.m.
Billiards 8:00 a.m. - 4:45 p.m.
Ceramics: 9:00 a.m. - 12:00 p.m. (Class is full waitlist available)
Beginning Guitar: 9:00 a.m. - 10:30 a.m.(Class full, Waitlist Available)
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
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)
Beginning Spanish: 1:00 p.m. - 2:30 p.m.
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.
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)
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. - 3:30p.m.



Wednesday

Billiards: 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. (Class Full, Waitlist Available)
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
Intermediate Classical Guitar: 1:30 p.m. - 3:00 p.m.(Class full, Waitlist Available)



Friendly Reminder

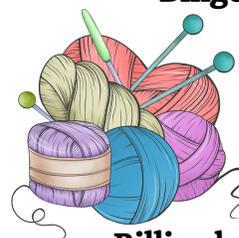
Thursday

Fishing Club Trip: Time is TBA
Billiards: 8:00 a.m. - 6:45 p.m.
Puzzle: 8:00 a.m. - 6:45 p.m.
Sketching: 9:00 a.m. - 11:00 a.m.
Porcelain Dolls: 9:00 a.m. - 11:00 a.m.
Open Computer Lab: 9:00 a.m. - 6:45 p.m.
Line Dancing (Beginning): 9:30 a.m. - 11:00 a.m.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Poker: 12:00 p.m. - 5:30 p.m.
Spite and Malice: 12:30 p.m. - 3:30 p.m.
Origami: 1:30 p.m. - 3:30 p.m.
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.



Friday

Billiards: 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. (Class is full waitlist available)
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Classical Guitar Group: 10:00 a.m. - 12:00 p.m.
Flea Market Lottery: 10:15 a.m. (Last Friday of month)
The Hooked Generation-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.
Salsa Aerobics: 9:30 a.m. - 10:30 a.m.

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.**



JANUARY 2025



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
30 ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	31 ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	1 CLOSED HAPPY NEW YEAR	2 ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	3 ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk
6 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Sweet Potato Mash ♦ Cauliflower w/ Pepitas ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 	7 ♦ Turkey Tetrazzini ♦ Corn & Edamame ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	8 ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	9 ♦ Omelet w/ Red Chile & Pepitas ♦ Pinto Beans w/ Spinach & Bell Peppers ♦ Dinner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	10 ♦ Diced Pork w/ Gravy ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Dinner Roll/Margarine ♦ Pear Slices ♦ 1% milk
13 ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Diner Roll/ Margarine ♦ Yogurt ♦ 1% milk 	14 ♦ Lemon Baked Tilapia w/ Tartar Sauce ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/ Margarine ♦ Mixed Berries ♦ 1% milk 	15 ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	16 ♦ Cheese Lasagna ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	17 ♦ Chicken Posole ♦ Steamed Mushroom ♦ Sauteed Spinach ♦ Diner Roll/ Margarine ♦ Orange ♦ 1% milk
20 	21 ♦ Baked Chicken ♦ Sweet Potato Mash ♦ Sauteed Spinach ♦ Diner Roll/ Margarine ♦ Jell-O ♦ 1% milk 	22 ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Diner Roll/ Margarine ♦ Apple Slices ♦ 1% milk 	23 ♦ Macaroni & Broccoli ♦ Brussel Sprouts ♦ Diner Roll/ Margarine ♦ Pineapple ♦ 1% milk 	24 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Mashed Potatoes ♦ Roasted Fall Veggies ♦ Diner Roll/ Margarine ♦ Pear Slices ♦ 1% milk
27 ♦ Lemon Baked Tilapia w/ Tartar Suce ♦ Mashed Potatoes ♦ Corn & Edamame ♦ Diner Roll/ Margarine ♦ Apple Slices ♦ 1% milk 	28 ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	29 ♦ Diced Pork w/ Gravy ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/ Margarine ♦ Jell-O ♦ 1% milk 	30 ♦ Spaghetti w/ Tomato Sauce & Mushrooms ♦ Cauliflower w/ Pepitas ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	31 ♦ Beef Tips w/ Gravy ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 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.

Upcoming Events

Trips!

Los Vocanes Technology Class

Wednesday, January 22
1pm - 3:30pm

Join us for a day of innovation, inspiration & education as we showcase Microsoft Word.

Sign up required

NEW MEXICO HOLOCAUST & INTOLERANCE MUSEUM

DATE

Friday, January 31, 2025

Sign in-10:30am

Depart-10:45am

Arrive back at center-3:00 Pm

Entry Cost
\$6 Admission

Food expense bring cash
the check is together.



Mystery Lunch Trip with Angel

Tuesday, January 14th
Check in 11am
Return 2pm



Hiking

Wednesday, January 15, 2024 - Sevilleta
National Wildlife Refuge
(Sign up starts, Thursday January 2nd)

Check in at 8:00 AM

Wednesday, January 29, 2024- Three Gun Spring
(Sign up starts , Wednesday January 15th)
Check in at 8:00 AM



SIGN UP AT THE FRONT DESK!

DATE

January 22, 2025

Sign in-9:00 Am

Depart-9:20 Am

Arrive back at center-12:00 pm

\$5 Hair cuts tips appreciated

Sign up at the front desk!



Thursday Afternoon Dance \$3 with Current Membership Thursdays 1:30pm - 4:00pm

January 2
Milagro

January 9
Antonio y Los Unicos

January 16
RocknRamon

January 23
Peter Vigil & the All Star Band

January 30
Chile Bean Express

ICE CREAM SOCIAL
(2ND WEDNESDAY OF THE MONTH)
JANUARY 8TH
10:00 AM UNTIL SUPPLIES ARE GONE.

PIE SOCIAL
(3RD WEDNESDAY OF THE MONTH)
JANUARY 15TH
10 AM UNTIL SUPPLIES LAST



Let's enjoy a day of Culture, Art and Delicious Food!

The National Hispanic Cultural Center & Barelvas Coffee House
Wednesday, January 15, 2025

Admission is Free for 60+
Lunch at your own expense
Sign in 10:30am
Return 3pm