

January  
2026

**Happy New Year!**

*As we welcome the New Year, we would like to take a moment to reflect on the many wonderful events, memories, new members, current members, and those who are no longer with us but remain in our hearts. 2025 was a great year for Los Volcanes Senior Center. We were proud to complete many important improvements, including the installation of new mini-split systems, new lobby furniture, epoxy flooring and fresh paint in the kitchen, additional outdoor lighting to improve safety, four new treadmills, a new ice machine, and various repairs throughout the building.*

*Many of these projects would not have been possible without the support of our councilor, Louie Sanchez. While we are sad to hear that he will no longer be serving as councilor for our district, we are truly grateful for everything he accomplished during his term and for his continued support of our center.*

*We are currently undergoing a major renovation of our fitness room and are excited to see it completed in the New Year. We look forward to another year of growth, community, and shared memories. Thank you all for being a part of our Senior Center family.*

*Julio Santiesteban - Center Manager*

**A bright,  
shiny new year, empty, neat, pristine,  
waiting, ready for us to get it right.  
Another chance to love and forgive.  
Another chance to make a real effort  
to give more than we get. Another  
chance to make a difference.**

**A good new year.  
A Happy New Year!  
-Baron Geisler**

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

Fachiel Luna, Glenn Karns, Dolores Angel, Alberto Dominguez  
volunteers of the year

**Mon, Tues, Wed, Fri:**  
**8am - 5pm**  
**Thurs: 8am - 7pm**  
**Sat: 9am - 1pm 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

**Closures**

**January 1<sup>st</sup> Happy New Year**

**January 15th Dr. Martin Luther King Jr**



# Participant Code of Conduct



*"Are you age 55+ and interested in serving your community while utilizing the skills you have acquired over the years? We have volunteers serving across education, health, social service, government, and non-profit agencies. Contact the RSVP office at (505) 767-5225 to find an opportunity that is a perfect fit for you!"*

## Senior Citizens Law Office

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

Thursday, January 22<sup>nd</sup>, 2026

10 am- 12 pm



Sign up at front desk for computer help!

TBD

## GEHM CLINIC

Wednesday, January 28<sup>th</sup>, 2026

8:30am-12pm

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, January 5<sup>th</sup>, 2026

12 pm - 4 pm

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



**AARP**  
Driver Safety

## New Class- Texas 42

Friday: 1 pm-3 pm



Whether you know how to play, or would like to learn, join us for this fun trick-taking domino game!

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!



## Senior Health Resource Center

Thursday, January 8<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

January 1<sup>st</sup>, 2026 **CLOSED**,  
and January 15<sup>th</sup>, 2026  
(1<sup>st</sup> & 3<sup>rd</sup> Thursday mornings) <sup>h</sup> 10 am - 12 pm  
\*appointment required Sign up at the front desk\*

# 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, 10:30 am - noon

Beginners Guitar (**Classes are full, Waitlist Available**)

Open Computer Lab: 9 am - 4:45 pm

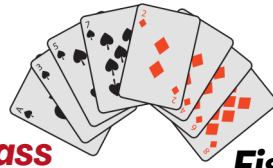
Puzzle: 8 am - 4:45 pm

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



Classical Guitar Group: 11 am - 1 pm **CLOSED GROUP (No class till Jan 9th)**

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

Texas 42 (Dominos Game): 1:00 pm - 3:00 pm **NEW CLASS!**

The Hooked Generation-Crochet: 1:30 pm - 3:30 pm

Bingo: 2 pm - 4 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**)

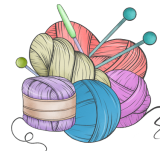
Fishing Club Meetings: 9 am - 10 am

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



## 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

## 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

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

Open Computer Lab: 9 am - 4:45 pm

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 11:30am - 1pm Monday - Friday. Please call 767-5999 to make your reservation by 1:00pm the day prior.*



# JANUARY 2026

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.

**ONE  
ALBUQUE  
ROQUE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>29</b> Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 <b>30</b> Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 <b>31</b> Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	<b>CLOSED</b> <b>1</b> 	 <b>2</b> Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz
 <b>5</b> Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 <b>6</b> Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 <b>7</b> Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 <b>8</b> Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 <b>9</b> Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 <b>12</b> Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 <b>13</b> Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 <b>14</b> Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 <b>15</b> Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 <b>16</b> Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
<b>CLOSED</b> <b>19</b> 	 <b>20</b> Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 <b>21</b> Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 <b>22</b> Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 <b>23</b> BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 <b>26</b> Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 <b>27</b> Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 <b>28</b> Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 <b>29</b> Green Chile Mac & Cheese 5oz w/ Broccoli 4oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 <b>30</b> Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 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.*

**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 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 Meat Lovers (bacon, sausage, ham), 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**

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*Transportation Division Manager*

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

*Thank you in advance for your cooperation.*



# Upcoming Events

TRIP SIGN-UP BEGINS  
Friday, January 2<sup>nd</sup> @ 9 am

Trips!

## SOCK HOP

FEATURING  
**JIM'S NITE TRAIN**

Wednesday, January 21<sup>st</sup>, 2026

2 pm- 4pm



**FREE!**  
Refreshments  
provided.

ONE  
ALBUQUE  
RQUE senior affairs

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

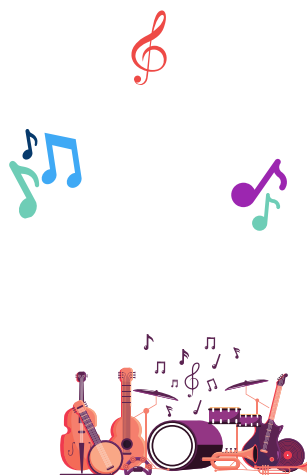
**January 1<sup>st</sup> Closed**

**January 8<sup>th</sup>  
Desert Springs**

**January 15<sup>th</sup>  
De Luz**

**January 22<sup>nd</sup>  
Chili Bean Express**

**January 29<sup>th</sup>  
Latin Soul**



## Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1<sup>ST</sup>  
WEDNESDAY OF THE  
MONTH) JANUARY 7<sup>TH</sup>  
**CANCELED**

PIE SOCIAL (2<sup>nd</sup> WEDNESDAY  
OF THE MONTH) JANUARY  
14<sup>TH</sup> 10AM UNTIL SUPPLIES  
LAST



## Telephone Museum of New Mexico

Monday, January 12, 2026

Check-in: 10 am

Return: 2 pm (Approx.)

\$4 admission

## 2026 HCVC Matanza



**Saturday, January 24, 2026**

**7:00am-2:00pm**

**Belen Eagle Park**

**305 Eagle Ln**

**Belen, NM 87002**

**Check-in: 7 am**

**Return: 3 pm (Approx)**

**\$20 admission**

**Sign up at front desk.**



## Hiking



January 8<sup>th</sup>, 2026- Sevilleta National  
Wildlife Refuge

January 22, 2026- White Mesa East Loop  
\*sign up at front desk\*

## Mystery Lunch Trip with Angel



**Tuesday, January 13<sup>th</sup>**  
**Check in 11 am**  
**Return 2 pm**



**\$5 Hair cuts**  
**(tips appreciated)**

**Monday, January 26, 2026**

**Sign in - 9:30am** *Sign up at the*  
**Depart -9:45am** *front desk!*

**Arrive back at center -12:30pm**

 **AVEDA INSTITUTES**

