

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

Organize

Read more

Time w/
family

Pamper
yourself

Love

Eat
healthier

Exercise

Listen

Be
Present

Laugh
more

Be Patient
w/
yourself

Rest

Find what
makes you
happy

pray

Breathe

Learn
something
new

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 1st Happy
New Year

January 15th Dr.
Martin Luthor King Jr



“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 22nd, 2026

10 am- 12 pm



Sign up at front desk for computer help!

TBD

GEHM CLINIC

Wednesday, January 28th, 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 5th, 2026
12 pm - 4 pm

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



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!

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!



Senior Health Resource Center

Thursday, January 8th
@ 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 1st, 2026 CLOSED,
and January 15th, 2026
(1st & 3rd Thursday mornings) 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

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

Friendly Reminder

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

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!



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

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

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

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

Thank you in advance for your cooperation.

Upcoming Events

TRIP SIGN-UP BEGINS
Friday, January 2nd @ 9 am

Trips!

SOCK HOP

FEATURING
JIM'S NITE TRAIN

Wednesday, January 21st, 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 1st Closed

**January 8th
Desert Springs**



**January 15th
De Luz**



**January 22nd
Chili Bean Express**



**January 29th
Latin Soul**

Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST
WEDNESDAY OF THE
MONTH) JANUARY 7TH
CANCELED

PIE SOCIAL (2nd WEDNESDAY
OF THE MONTH) JANUARY
14TH 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 8th, 2026- Sevilleta National
Wildlife Refuge

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

Mystery Lunch Trip with Angel



**Tuesday, January 13th
Check in 11 am
Return 2 pm**



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

Monday, January 26, 2026

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

Depart -9:45am

Arrive back at center -12:30pm

