Los Volcanes Senior Center Newsletter
6500 Los Volcanes Rd, NW 87121
505.767.5999
www.cabq.gov/seniors

Closure
Los Volcanes will be CLOSED Monday, July 4 in honor of Independence Day.

NEW PROGRAM:
MORNING MOVIE MATINEE
Join us starting Wednesday, July 20 starting at 9:15am for morning movies! We want to give members an opportunity who can't make our afternoon movies a chance to view movies with us! Event is free and of course there will be popcorn available!

THE OTHER WOMAN

NEW PROGRAM COMING SOON::
MONTHLY KARAOKE
WEDNESDAY, AUGUST 3, 1:30 - 3:45PM
Join us the 1st Wednesday of every month for Karaoke!
Show off your singing skills to your favorite songs! Everyone is welcome!

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

In order that all participants may have a pleasant experience at the center, they are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by center management and bring issues involving the operations of the center to management’s attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in City facilities or on City premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities or on City premises.
11. Any type of gambling is strictly prohibited in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in pool rooms and computer labs.
14. Vandalizing or damaging Center facilities, equipment or materials is prohibited.
15. Treat Center materials, equipment, furniture, grounds, and facility with respect.
16. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
17. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what’s going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website.

Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque’s City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico.

As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our “Coffee with Constituents” events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs
General Information & Assistance Los Volcanes

**Senior Law Office Presentation: Scams and Identity Theft**

**Friday, July 22 starting at 9am**, Please see or call the front desk 505-767-5999 to sign up for this informational presentation!

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**DoTERRA Essential Oils**

Everyone is welcome to Join this presentation. If you’re interested please see the front desk or call 505-767-5999 to sign up. Enjoy your summer with protection, prevention and relief at your finger tips.

**2nd Wednesday of the month!**

**Wednesday, July 13 starting at 2pm**

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**LOS VOLCANES FISHING CLUB**

Interested in learning about fishing and taking trips to fish? Join the LVSC Fishing Club!

**Meetings are held every Wednesday starting at 9am** and Fishing trips take place on the following day (Thursday).

Everyone is welcome to join!

**CATCH OF THE MONTH:**

Fish Size 17.4 Caught by Linda Cooper

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**BIRTHDAY PARTY CELEBRATION**

Come Celebrate with us!

**Friday, July 1**

10am - 11am

Sponsored By:

**OAK STREET HEALTH**

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Monday
Woodcarving: 8:30 am - 10:30 am
Billiards 8 am - 5 pm
Ceramics: 9 am - 12 pm
Open Computer Lab: 9 am - 1 pm
Puzzle: 8 am - 5 pm
Pickleball: 9:30 am - 11 am
Rummikub: 12 pm - 3 pm
Woodcarving (Power): 1:30 pm - 3:30 pm
Pickleball: 1:30 pm - 4 pm
Zhineng Qigong: 2 pm - 3:30 PM

Tuesday
Billiards: 8 am - 5 pm
Puzzle: 8 am - 5 pm
Painting: 9 am - 11 am
Open Computer Lab: 9 am - 1 pm
Salsa Etc: 9:30 am - 10:30 am
Bible Study: 9:30 am - 11 am
Swedish Weaving: 12:00 pm - 2 pm
Mexican Train: 12:45 pm - 4 pm
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 - 5 pm
Puzzle: 8 am - 5 pm
Open Computer Lab: 9 am - 1 pm
Crochet: 9 am - 12 pm
Pottery: 9 am - 12 pm
Fishing Club Meetings: 9 am - 10 am
Morning Movie Matinee: 9 am - 11:15 am (3rd Wed. A.M.)
Pickleball: 9:30 am - 11 am (5th Wednesday)
Ice Cream Social: 10:15 am - 11:15 am (1st Wed)
Poker: 12:30 pm - 4:30 pm
Pinochle: 12:30 pm - 4 pm
Tin Class: 1:30 pm - 4 pm
Karaoke: 1:30 pm - 3:45 (Begins August 3)
Afternoon Movie Matinee (Last Wed.): 2 pm - 4 pm
DoTERRA Essential Oils (2nd Wed.): 2 pm - 3:30 pm

Thursday
Fishing Club Trip: Time is TBA
Billiards 8 am - 6:45 pm
Puzzle: 8 am - 6:45 pm
Drawing: 9 am - 11 am
Porcelain Dolls: 9 am - 11 am
Open Computer Lab: 9 am - 1 pm
Line Dancing Beginner: 9 am - 10 am
Line Dancing Improver: 10:15 am - 11:15 am
Mah Jongg: 12:30 pm - 4:30 pm
Poker 12 noon - 4:30 pm
Spite and Malice: 12:30 pm - 3:30 pm
Origami: 1:30 pm - 3:30 pm
Open Pottery: 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 - 5 pm
Flea Market: 8 am - 11 am
Ceramics: 9 am - 12 pm
Open Computer Lab: 9 am - 1 pm
Birthday Party Celebration: 10 am - 11 am (1st Friday)
Beginning Classical Guitar Group: 10 am - 12 pm
Pie Social: 10:15 am - 11:15 am (3rd Friday)
Plastic Canvas: 1 pm - 3 pm
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
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.
Thursday Afternoon Dances
Dance to live music
Thursdays 1:30pm to 4:15pm
$3 with current membership!

Thursday, July 7: Milagro
Thursday, July 14: De Luz
Thursday, July 21: Impresion
Thursday, July 28: Tino's Band

Los Volcanes Flea Market

Fridays from 8am - 11am
Last Friday of the month is the lottery for a chance to get a table.

Friday, July 29 is the Lottery at 10:15am

*Waitlist Available on open tables, first come first serve*

Afternoon Movie Matinee
Join us for our annual Afternoon Movie Matinee with popcorn!

Wednesday, July 27 starting at 2pm!
We will be showing:

GEHM Clinic
Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure check, pulse, oxygen saturation, height, weight, and blood glucose check and referrals if indicated.

Wednesday, July 27
8:30am - 12:00pm

Dessert Social
Join us for monthly dessert socials with all the fixings!

Ice Cream Social
Wednesday, July 6
10:15 am - 11:15 am

Pie Social
Friday, July 15, 10:15 am - 11:15 am

Thank you to the following sponsor:

Vaccine Clinic
Covid Vaccine & Covid Booster, No appointment necessary
Wednesday, July 27
9am - 12pm
Sponsored By Best Buy Drugs
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.

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Closed</td>
<td>Lemon Pepper Chicken w/Brown Rice</td>
<td>Egg Salad Sandwich on Whole Grain Bread w/ Lettuce &amp; Tomato</td>
<td>Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll</td>
<td>Cheeseburger</td>
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<td>Happy 4th of July</td>
<td>Diced Beets</td>
<td>Carrot Sticks</td>
<td>Steak Fries w/Ketchup</td>
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<td>Roasted Brussels Sprouts</td>
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<td>Pork Chop w/ Brown Rice</td>
<td>Beef Fajita w/ Onions, Red &amp; Green Peppers</td>
<td>Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce</td>
<td>Breaded Cod w/ Tartar Sauce over Brown Rice</td>
<td>Garlic Tilapia</td>
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<td>Rosemary Potatoes</td>
<td>Pinto Beans</td>
<td>Spinach</td>
<td>Steamed Tomatoes</td>
<td>Whole Wheat Pasta w/Diced Tomatoes</td>
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<td>Baked Apples</td>
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<td>Carne Adovada</td>
<td>Sweet n Sour Chicken w/Stir Fry Vegetables</td>
<td>Salisbury Steak w/ Gravy</td>
<td>Cheese Omelet</td>
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<td>Spinach</td>
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<td>Spaghetti w/Meat Sauce</td>
<td>Baked Salmon w/ Lemon and Garlic</td>
<td>Red Chile Tamales</td>
<td>Macaroni &amp; Cheese w/Steamed Broccoli</td>
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The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal. Revised 6/9/22
Los Volcanes Senior Center Breakfast Menu

**Breakfast Monday - Friday 8am - 9am**

**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**

**Weekly 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 Items**

- Pancake (1): **.25¢**
- French Toast (1): **.25¢**
- Waffle: **$1.00,**
  - w/Fruit: **$1.50**
- Fruit: **.50¢**
- Oatmeal: **.75¢**
- Bacon/Sausage: **.50¢**
- Eggs: **.25¢**
- Hash Browns: **.30¢**
- Toast/Tortilla: **.20¢**
- Side of Red/Green: **.25¢**
- Milk or Juice: **.25¢**
- Large Juice: **.50¢**

Please have small bills when paying for breakfast.

**A La Carte Lunch Menu Available**

- Hot or Cold Sandwich: **$1.50**
  - Small Salad: **$1.00**
  - Large Salad: **$2.00**

Free Hot Meal Option still available for members 60+ on a reservation basis
No Reservation required for A La Carte Menu