



# 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!

Cameron Diaz  
Leslie Mann  
Kate Upton



### 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!



Accredited by

National Institute of Senior Centers



## Center Hours

Mon, Tue, Wed, Fri: 8a-5p

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed

## Special Events

### Independence BBQ

- **Wednesday July 6**  
**1:30 - 3:30pm**

We will have Live music by Donna Christine and we'll be serving Brisket, baked beans, drinks and dessert!

Thank you to the following Sponsor:



### Los Volcanes Garden Club

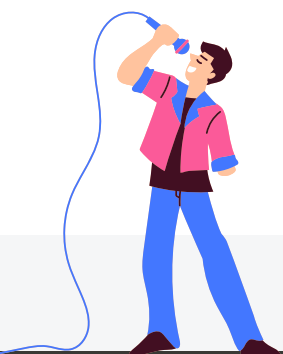
Join our Garden Club to learn about Medicinal herb plants and go on monthly trips. Everyone is welcome to join!

First meeting is

**Wed. July 13 @ 9 am**



**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.

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**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](http://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**



## 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!



### doTERRA Essential Oils

#### Summer Guide



### 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**



## 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



## BIRTHDAY PARTY CELEBRATION

Come Celebrate with us!

**Friday, July 1**

**10am - 11am**

Sponsored By:



**OAK STREET HEALTH**



## 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 - 3:30pm



## Wednesday

Billiards 8 am - 5 pm  
 Puzzle: 8am - 5 pm  
 Open Computer Lab: 9 am - 1 pm  
 Crochet: 9 am - 12 pm  
 Pottery: 9 am - 12 pm  
 Fishing Club Meetings: 9am - 10am  
 Morning Movie Matinee: 9am - 11:15am (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.): 2pm - 4pm  
 DoTERRA Essential Oils (2nd Wed.): 2pm - 3:30pm



## 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 - 3:30pm  
 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 - 5pm  
 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: 2pm - 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.

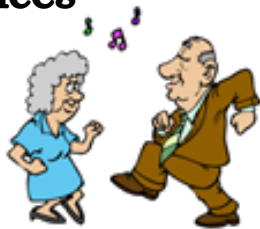


## Thursday Afternoon Dances

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.

**ONE  
ALBUQUE  
RQUE**

# July 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				1 ♦ Cheeseburger ♦ Sweet Corn ♦ Steak Fries w/Ketchup ♦ Watermelon ♦ 1% Milk
4 <b>CLOSED</b> 	5 ♦ Lemon Pepper Chicken w/Brown Rice ♦ Diced Beets ♦ Roasted Brussels Sprouts ♦ Chocolate Pudding ♦ 1% Milk	6 ♦ Egg Salad Sandwich on Whole Grain Bread w/ Lettuce & Tomato ♦ Carrot Sticks ♦ Fresh Seasonal Fruit ♦ 1% Milk	7 ♦ Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll ♦ Steak Fries w/Ketchup ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk	8 ♦ Garlic Tilapia ♦ Whole Wheat Pasta w/ Diced Tomatoes ♦ Calabacitas ♦ Yogurt ♦ 1% Milk
11 ♦ Pork Chop w/ Brown Rice ♦ Rosemary Potatoes ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk	12 ♦ Beef Fajita w/ Onions, Red & Green Peppers ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	13 ♦ Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce ♦ Spinach ♦ Breadstick ♦ Fresh Seasonal Fruit ♦ Yogurt ♦ 1% Milk	14 ♦ Breaded Cod w/ Tartar Sauce over Brown Rice ♦ Stewed Tomatoes ♦ Green Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	15 ♦ Chicken Parmesan ♦ Spaghetti w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk
18 ♦ Carne Adovada ♦ Spinach ♦ Pinto Beans ♦ Flour Tortilla ♦ Fresh Seasonal Fruit ♦ 1% Milk	19 ♦ Sweet n Sour Chicken w/ Stir Fry Vegetables ♦ Seasonal Vegetable ♦ Brown Rice ♦ Fortune Cookie ♦ 1% Milk	20 ♦ Salisbury Steak w/ Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetable ♦ Fresh Banana ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk	21 ♦ Cheese Omelet ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Whole Grain Biscuit w/ Margarine ♦ Mandarin Oranges ♦ 1% Milk	22 ♦ BBQ Pork ♦ Roasted Sweet Potato ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk
25 ♦ Spaghetti w/Meat Sauce ♦ Imperial Blend Vegetables ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk	26 ♦ Baked Salmon w/ Lemon and Garlic ♦ Ancient Grain Blend ♦ Mushrooms & Green Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	27 ♦ Red Chile Tamales ♦ Calabacitas ♦ Pinto Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	28 ♦ Macaroni & Cheese w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ Yogurt ♦ 1% Milk	29 ♦ Chicken Salad Sandwich ♦ Sliced Cucumber and Carrot Sticks ♦ Cole Slaw ♦ Fresh Seasonal Fruit ♦ 1% Milk

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

# BREAKFAST MONDAY - FRIDAY 8AM - 9AM

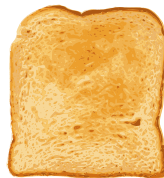
**Full:** 2 Eggs, toast or tortilla, potatoes,  
& choice of bacon or sausage **\$1.50**

**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¢**

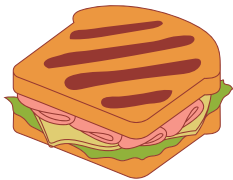
Side of Red/Green: **.25¢**

Milk or Juice: **.25¢**

Large Juice: **.50¢**

**PLEASE HAVE SMALL BILLS WHEN  
PAYING FOR BREAKFAST**

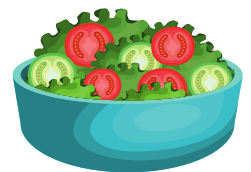
## **A La Carte Lunch Menu Available**



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

