

# JULY

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

[cabq.gov/seniors](http://cabq.gov/seniors)

## LINE DANCING (BEGINNING)

**Thursdays**

**from 9:30 a.m. - 10:30 a.m.**

Join our revamped beginning line dancing class open for anybody who loves to line dance or wants to learn line dancing!



## ACUPRESSURE

**Mondays from 9:00 a.m. - 2:30 p.m.**

**with Linda Leatherman**

Acupressure is a form of Chinese medicine, which restoring harmony in the body, mind and spirit. Focus primarily on physical pain, my particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system

**\*See Linda for scheduling\***



## INTRO COMPUTER HELP

Have questions about navigating emails, opening, closing browsers or just computer basics?

Drop in and receive this help by Robert!

**Tuesday afternoons from**

**1:00 p.m. - 4:00 p.m.**

**\*sign up at the front desk\***

**\*Assistance is in 30 min. increments\***



## SMARTPHONE ASSISTANCE

Do you have questions about your smart phone or just need assistance with it?

Stop by and receive this help.

**Thursday mornings from**

**8:30 a.m. - 10:30 a.m.**

**\*sign up at the front desk\***



## Center Hours

Mon, Tue, 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

America Bencomo, Center Manager

Micheal Duran, Program  
Coordinator

Rath Chaleunphonh, Office  
Assistant

Nastasia Lane, Program Assistant

Reina Goode, Program Assistant

Anthony Casuas, General Services

Francisco Ramirez, Cook

Adrian Luna, Kitchen Aid

## Special Dates & Announcements

**LVSC will be CLOSED**

**Tuesday, July 4 for Independence Day**



## 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.

### Senior Citizens Law Office

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

Thursday, July 27  
10:00 a.m. - 12:00 p.m.  
\*Sign up at front desk\*



### Thursday Afternoon Dances

Thursdays 1:30 p.m. to 4:00 p.m.  
\$3 with current membership!

Thursday, July 6: Paul Pino & Tone Daddies  
Thursday, July 13: Amistad  
Thursday, July 20: Milagro  
Thursday, July 27: Chile Beans Express

### DSA Advisory Council

Monday, July 17, 2023 at 12:00 p.m.

Highland Senior Center - 131 Monroe St NE, 87108

### AARP Driver Safety Course

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



Monday, July 3, 2023  
Monday, August 14, 2023  
12:00 p.m. - 4:00 p.m.

Join us for monthly dessert socials with all the fixings from

10:15 a.m. - 11:15 a.m. or until sold out  
Ice Cream Social (1st Wed.): July 5  
Pie Social (3rd Thursday): July 20



### Dessert Social

### Shot Clinic

Covid Vaccine and Covid Booster  
No appointment necessary

Tuesday, July 11  
9:00 a.m. - 12:00 p.m.



### Monthly Birthday Party

Wednesday, July 12  
10:15 a.m. - 11:15 a.m. or until sold out  
Sponsored by



### 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 26  
8:30 a.m. - 12:00 p.m.



## Daily Classes and Activities

### Monday

Woodcarving: 8:30 a.m. - 10:30 a.m.  
Billiards 8:00 a.m. - 4:45 p.m.  
Garden Viewing/Discussion: 8:00 a.m. - 4:45 p.m.  
Ceramics: 9:00 a.m. - 12:00 p.m.  
Open Computer Lab: 9:00 a.m. - 4:45 p.m.  
Puzzle: 8:00 a.m. - 4:45 p.m.  
Acupressure: 9:00 a.m. - 1:00 p.m. **(Sign up w/ Linda)**  
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)  
Woodcarving (Power): 11:00 a.m. - 2:30 p.m.  
Pickleball: 1:30 p.m. - 4:00 p.m.



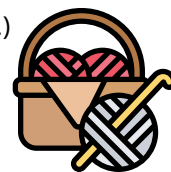
### Tuesday

Billiards: 8:00 a.m. - 4:45 p.m.  
Garden Viewing/Discussion: 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.  
Reflexology: 9:00 a.m. - 12:00 p.m. **(Sign up w/ Catherine)**  
Bible Study: 9:30 a.m. - 11:00 a.m.  
Alzheimer's Association Meeting: 9:30 a.m. - 10:15 a.m. (3rd Tuesday)  
Swedish Weaving: 12:00 p.m. - 2:00 p.m. **(Class full, waitlist available)**  
Mexican Train: 12:45 p.m. - 4 p.m.  
Euchre: 12:30 p.m. - 4:30 p.m.  
Mah Jongg: 12:30 p.m. - 4:30 p.m.  
Intro Computer Help: 1:00 p.m. - 3:00 p.m. **(Sign up at front desk)**  
Salsa Aerobics: 2:30 p.m. - 3:30 p.m.



### Wednesday

Billiards: 8:00 a.m. - 4:45 p.m.  
Garden Viewing/Discussion: 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.  
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)  
Ice Cream Social: 10:15 a.m. - 11:15 a.m. or until sold out (1st Wed.)  
Monthly Birthday Celebration: 10:15 a.m. - 11:15 a.m. or until sold out (2nd Wed.)  
Poker: 12:30 p.m. - 4:30 p.m.  
Pinochle: 12:30 p.m. - 4:00 p.m.  
Tin Class: 1:30 p.m. - 4:00 p.m.  
Afternoon Movie Matinee (4th Wed.): 2:00 p.m. - 4:00 p.m.



### 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.  
Garden Viewing/Discussion: 8:00 a.m. - 6:45 p.m.  
Smartphone Assistance: 8:30 a.m. - 10:30 a.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. - 10:30 a.m.  
Pie Social: 10:15 a.m. - 11:15 a.m. or until sold out (3rd Thu.)  
Mah Jongg: 12:30 p.m. - 4:30 p.m.  
Poker: 12:00 p.m. - 5:30 p.m.  
ABQ Rockhounds Group Meeting: 12:00 p.m. - 1 p.m.  
ABQ Rockhounds Group Trip: Time is TBA  
Spite and Malice: 12:30 p.m. - 3:30 p.m.  
Origami: 1:30 p.m. - 3:30 p.m. **(\*Sign up at front desk\*)**  
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.  
Garden Viewing/Discussion: 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.  
Open Computer Lab: 9:00 a.m. - 4:45 p.m.)  
Beginning Classical Guitar Group: 10:00 a.m. - 12:00 p.m. 12:00 p.m. - 2:00 p.m.  
Flea Market Lottery: 10:15 a.m. (Last Friday of month)  
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.  
Garden Viewing/Discussion: 8:00 a.m. - 12:45 p.m.  
Salsa Aerobics: 9:30 a.m. - 10:30 a.m.

## 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 11:30 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 2023

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.



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 <b>COLD MEAL</b>
<ul style="list-style-type: none"> <li>◆ Lemon pepper chicken w/brown rice</li> <li>◆ Diced beets</li> <li>◆ Roasted brussels sprouts</li> <li>◆ Chocolate pudding</li> <li>◆ 1% Milk</li> </ul>		<ul style="list-style-type: none"> <li>◆ Garlic tilapia</li> <li>◆ Whole wheat pasta w/ diced tomatoes</li> <li>◆ Calabacitas*</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Meatballs w/marinara w/cheese</li> <li>◆ Whole grain hoagie roll</li> <li>◆ Steak fries w/ketchup</li> <li>◆ Seasonal vegetables*</li> <li>◆ Fresh seasonal fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg Salad on whole grain bread</li> <li>◆ Lettuce &amp; tomato</li> <li>◆ Carrot sticks</li> <li>◆ Seasonal fruit*</li> <li>◆ 1% Milk</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>◆ Pork Chop w/brown rice</li> <li>◆ Rosemary potatoes w/ margarine</li> <li>◆ Seasonal vegetable*</li> <li>◆ Fresh seasonal fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef fajita w/red and peppers and onions*</li> <li>◆ Pinto beans*</li> <li>◆ Flour tortilla</li> <li>◆ Baked apples</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pasta (Penna) primavera stir fry veg*/alfredo sauce</li> <li>◆ Spinach w/onions</li> <li>◆ Bread stick</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Breaded cod w/tartar sauce</li> <li>◆ Buttered noodles</li> <li>◆ Green beans</li> <li>◆ Fresh seasonal Fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Parmesan</li> <li>◆ Zucchini w/butter</li> <li>◆ Seasonal Vegetables*</li> <li>◆ Jello</li> <li>◆ 1% Milk</li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>◆ Carne Adovada: Pork</li> <li>◆ Spinach</li> <li>◆ Pinto beans*</li> <li>◆ Flour tortilla</li> <li>◆ Fresh Seasonal Fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Sweet &amp; sour chicken w/ stir fry vegetables*</li> <li>◆ Seasonal vegetable*</li> <li>◆ Brown rice</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Salisbury steak w/gravy mushroom</li> <li>◆ Mashed potatoes</li> <li>◆ Fresh banana</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheese Omelet w/fajita blend</li> <li>◆ Stewed tomato</li> <li>◆ Dice potato</li> <li>◆ Whole grain biscuit w/ margarine</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ pork pulled</li> <li>◆ Roasted sweet potato</li> <li>◆ Seasonal vegetable*</li> <li>◆ Fresh seasonal fruit*</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ 1% Milk</li> </ul>
24	25	26	27	28 <b>Cold Meal</b>
<ul style="list-style-type: none"> <li>◆ Spaghetti w/meat sauce: Beef</li> <li>◆ Imperial blend vegetables</li> <li>◆ Seasonal vegetables*</li> <li>◆ Fresh seasonal fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Bake salmon w/lemon and garlic</li> <li>◆ Ancient grain blend</li> <li>◆ Green beans w/ mushrooms</li> <li>◆ Fresh seasonal fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Red chile tamales: Pork</li> <li>◆ Calabacitas*</li> <li>◆ Pinto Beans*</li> <li>◆ Fresh Seasonal Fruit*</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Mac &amp; cheese green chile</li> <li>◆ Broccoli</li> <li>◆ Seasonal Vegetables*</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken salad sandwich on whole grain bread</li> <li>◆ Sliced cucumber* and carrot sticks</li> <li>◆ Cole Slaw</li> <li>◆ Fresh Seasonal Fruit*</li> <li>◆ 1% Milk</li> </ul>
31				
<ul style="list-style-type: none"> <li>◆ Meatloaf w/tomato sauce</li> <li>◆ Roasted redskin potato</li> <li>◆ Succotash</li> <li>◆ Fresh seasonal fruit</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ 1% Milk</li> </ul>				

**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 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¢**

**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.**