



# America's Birthday

The Semiquincentennial, also called the Bisesquicentennial or Quarter Millennium, commemorates the signing of the Declaration of Independence in 1776, when the Second Continental Congress voted for the independence of the United Colonies and Thomas Jefferson drafted the historic document in Philadelphia. This milestone celebrates the nation's founding, its history, and the enduring principles of freedom and democracy

## Join Us FROM 1776 TO 2026 A 250 YEAR CELEBRATION!

Thursday, July 2<sup>nd</sup>  
1:30 pm- 4:00 pm

Join us for dancing, tasty refreshments, and a great time celebrating our country's birthday.

Featuring live music by  
**Sunset Rhythm**  
\$3 entry



### OUT-OF-AREA / MEMBERSHIP CHANGES

*Out-of-City Resident Surcharge*

*Non-City of Albuquerque residents will pay an additional \$30 annual surcharge*

*Applies in addition to the \$20 annual membership fee (\$50 total annually)*

*Takes effect at the next membership renewal anniversary*

*Out-of-State Daily/Monthly Use Fee*

*\$15 daily use fee OR \$50 monthly use fee for out-of-state individuals*

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

**Janel Powell  
Kitchen Aide**

**Frank Franco  
Kitchen Aide**

### CLOSURES

**We will be closed on  
Friday, July 3<sup>rd</sup> &  
Saturday, July 4<sup>th</sup> in  
observance of  
Independence Day**



For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website.

## Birthday Celebration!



**scan™**



Thursday, July 9<sup>th</sup> @ 1 pm



Join us for Coffee with Constituents on July 23<sup>rd</sup> at 8:30am-9:30am at Santa Barbara Martineztown Multigenerational Center



July Advisory Council Meeting At Highland Senior Center Monday, July 20<sup>th</sup> @12:00



**GEHM CLINIC**

July 29<sup>th</sup>

8:30 am-Noon

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, July 6<sup>th</sup>  
12pm -4pm



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

**AARP**  
Driver Safety

**SENIOR CITIZENS**  
LAW OFFICE

Thursday, July 23<sup>rd</sup>, 2026  
10 am- 12 pm



Provides general legal information. Divorces, wills, and criminal issues are not included. Sign up at front desk.

## VIRTUAL DRIVES

### THROUGH THE CAMERA EYE

Jemez Virtual Drive to Fenton Lake

Monday, July 27<sup>th</sup>

9:30 am- 10:45 am

For those seniors who cannot attend our monthly day trips.

\*Sign-up at the front desk.

## Thank You Sam Roy!

We appreciate you sharing your impressive collection with us and providing the amazing band and performance!!



Medicaid for Long-Term Care Presentation

**SENIOR CITIZENS**  
LAW OFFICE

Tuesday, July 21<sup>st</sup> @ 9:30 am  
Medicaid coverage for nursing homes, home and community based services.

\*Sign-up at front desk.



## 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.

July 2<sup>nd</sup> @ July 16<sup>th</sup>

(1<sup>st</sup> & 3<sup>rd</sup> 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 (**Class is full, Waitlist Available**)  
Beginners Guitar - 10:30 am- noon (**Class is 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): 11am - 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

## 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  
Karaoke 9:30am-11:30am  
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



## 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  
Mexican Train 9 am-11:30 am  
Intermediate Ceramics: 9 am - 12 pm (**Class full waitlist available**)  
Open Computer Lab: 9 am - 4:45 pm  
Flea Market Lottery: 10:15 am (**Last Friday of month**)  
Pinochle: 12 pm-4 pm  
Bingo: 2 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

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

**ONE  
ALBUQUE  
RQUE**

# JULY 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	<b>30</b> Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	<b>1</b> BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	<b>2</b> Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	<b>CLOSED 3</b> 
<b>6</b> Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	<b>7</b> Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	<b>8</b> Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	<b>9</b> Pasta Primavera w/ 5 Way Veggies 3oz Alfredo Sauce 2oz Spinach/Mushrooms 4oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	<b>10</b> Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
<b>13</b> Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	<b>14</b> Teriyaki Chicken w/ 3oz Fajita Vegetables 4oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	<b>15</b> Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	<b>16</b> Cheese Omelet w/ 3oz Peppers & Red Chile 2oz Stewed Tomatoes 4oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	<b>17</b> Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
<b>20</b> Beef w/ Peppers & Onions 3oz Normandy Blend 2oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	<b>21</b> Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	<b>22</b> BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	<b>23</b> Green Chile Mac & Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	<b>24</b> Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
<b>27</b> Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	<b>28</b> Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	<b>29</b> Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	<b>30</b> <i>Anti-Inflammatory</i> Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz	<b>31</b> Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 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.**



*Effective July 6th New Breakfast Menu*

**Weekly Breakfast**

**Full:** 2 Eggs, toast or tortilla, potatoes, & choice of bacon or sausage: **\$4.00**

**Mini:** 1 Egg, toast or tortilla, potatoes & choice of bacon or sausage: **\$3.00**

**Burrito:** Egg, Potato, cheese, choice of bacon or sausage & red or green chile: **\$4.00**



**English Muffin Sandwich:** 1 Egg, 1 bacon or Sausage link, Cheese, Muffin: **\$3.00**

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**Breakfast Specials**

**Huevos Rancheros:** 2 Eggs, Beans, Corn tortillas, Cheese, Choice of Red or Green Chile (**Tuesdays and Fridays only**): **\$5.00**

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**Beverages**

**Orange Juice, Milk, Hot Tea: \$0.50**

**Coffee: (complimentary)**



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**Please Notice: Breakfast is available to adults aged 50 and older. Limit 2 of the same item per person to ensure availability for all. Thank You**

*Free/donation-based lunch remains available for:*

*Adults 60 years and older*

*Eligible participants*

*Adults 50-59 years old will now pay a \$5.00 set price (previously \$3.25)*

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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  
Wednesday, July 1st @ 9 am  
Must be in person with current membership

## Movie Matinee

**WEDNESDAY, JULY 15TH**

Come enjoy a **FREE** movie with popcorn



**NOW SHOWING Starts At 2:00 PM**



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



**July 2nd**  
Sunset Rhythm



**July 9th**  
Chili Bean Express

**July 16th**  
Antonio Y Los Unicos



**July 23rd**  
Milagro



**July 30th**  
La Raza

## Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST WEDNESDAY OF THE MONTH) July 1ST

PIE SOCIAL (2nd WEDNESDAY OF THE MONTH) July 8TH 10AM UNTIL SUPPLIES LAST



Maxwell Museum of Anthropology & Lunch at Frontier

Wednesday, July 29<sup>th</sup>



**Check In: 10:00 AM**

**Return: 2:15 PM (Approx.)**

American International Rattlesnake Museum

(Lunch to Follow at your own expense.)

**Wednesday, July 22nd**

Check-in: 11:15 am

Return: 3:00 pm

(Approx.)



**\$8.95 ADMISSION**



**Hiking**



**July 9, 2026- Downtown-Old Town**

**July 23, 2026-**

**Tesuque Creek to Chamisa Trail**

\*Sign up at front desk.

*Mystery Lunch Trip with Angel*

**Tuesday, July 14th**  
Check in 11 am  
Return 2 pm



**AVEDA INSTITUTES**

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

**Monday, July 20th**

**Sign in - 9:30am**

**Depart -9:45am**

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

*Sign up at the front desk!*

