

June



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

WHAT IS JUNTEENTH?



Juneteenth is a federal holiday in the United States that commemorates the end of slavery in the United States. Juneteenth is also referred to as Emancipation Day or Juneteenth Independence Day.

LVSC will be CLOSED Monday, June 19 in observance of Juneteenth



INTRO COMPUTER HELP

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

Drop in and receive this help by Robert!

Will resume on Tuesday, June 6, sign up at the front desk*



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

First Day of Summer Celebration

Join us as we celebrate the first day of summer with refreshments + live music!

**Wed. June 21
1:30 p.m. - 3:30 p.m.**

Sponsored by:



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.

Power Of Attorney Clinic

SCLO Attorneys will guide attendees through completing Powers of Attorney for both healthcare and finances. Bring current ID and names/contact info of people you'd like to appoint as agents.

Friday, June 23

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, June 1: La Raza

Thursday, June 8: Impression

Thursday, June 15: Milagro

Thursday, June 22: Paul Pino + Tone Daddies

Thursday, June 29: Chile Beans Express

Nutrition Education Class

Learn about healthy eating tips for senior, balancing your nutrition, smart food substitutions, and portions for seniors.



Wednesday, June 28

10:00 a.m. - 11:00 a.m. @ Los Volcanes

AARP Driver Safety Course

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



Monday, June 12 (Waitlist)

Monday, July 3

12:00 p.m. - 4:00 p.m.

Monthly Birthday Party

Wednesday, June 14

10:15 a.m. - 11:15 a.m. or until sold out

Sponsored by



Dessert Social

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.): June 7

Pie Social (3rd Thursday): June 15



Shot Clinic

Covid Vaccine and Covid Booster

No appointment necessary

Tuesday, June 27

9:00 a.m. - 12:00 p.m.



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, June 28

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.



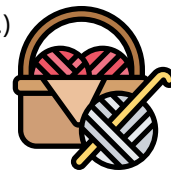
Tuesday

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/ Sylvia)**
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.
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
ROQUE**

June 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
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/ Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk	31 ♦ Soft Tacos-Beef/ Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/ Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk
5 ♦ Salisbury Steak ♦ Scalloped Potatoes ♦ Green Beans ♦ Orange ♦ 1% Milk	6 ♦ BBQ Chicken Sandwich ♦ Roasted Potatoes ♦ Cherry Cobbler ♦ Hamburger Bun ♦ 1% Milk	7 ♦ Spinach Lasagna ♦ Italian Blend ♦ Breadstick ♦ Pineapple ♦ 1% Milk	8 ♦ Tilapia w/Garlic Sauce ♦ Ancient Grains ♦ Carrots ♦ Peaches ♦ 1% Milk	9 ♦ Green Chile Stew: Diced Pork ♦ Pinto Beans ♦ Baked Apples ♦ 1% Milk
12 ♦ Beef Tips/Gravy/ Bowtie Pasta ♦ Green Beans ♦ Peach Cobbler ♦ 1% Milk	13 ♦ Baked Chicken Thigh ♦ Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll /Margarine ♦ 1% Milk	14 *Cold Meal* ♦ Tuna Salad ♦ Romaine Spinach Red Onion Salad ♦ Croissant/Dressing ♦ Grapes ♦ 1% Milk	15 ♦ Beef Fajita ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	16 ♦ Pork Roast w/Creamy Onion Gravy ♦ Steamed Broccoli ♦ Mashed Sweet Potatoes ♦ Dinner Roll/Margarine ♦ Pears ♦ 1% Milk
19 CLOSED In Observance of Juneteenth	20 ♦ Cajun Chicken & Sausage Jambalaya ♦ Okra ♦ Cornbread ♦ Peaches ♦ 1% Milk	21 ♦ Baked Garlic Lemon Pepper Salmon ♦ Ancient Grain ♦ Carrot ♦ Cantaloupe ♦ 1% Milk	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Breadstick ♦ Vanilla Pudding ♦ 1% Milk	23 ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk
26 ♦ Baked Pork Chop w/ Gravy ♦ Mashed Sweet Potatoes ♦ Broccoli/Cauliflower ♦ Yogurt ♦ Dinner Roll w/ margarine ♦ 1% Milk	27 ♦ Meatballs w/Marinara ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Whole Grain Hoagie Roll ♦ 1% Milk	28 *Cold Meal* ♦ Turkey Salad ♦ Carrot Raisin Salad ♦ Wheat Crackers ♦ Pineapple ♦ 1% Milk	29 ♦ Garlic Tilapia ♦ Roasted Potatoes ♦ Collard Greens ♦ Dinner Roll w/ margarine ♦ Strawberries ♦ 1% Milk	30 ♦ Baked Cheese Ziti ♦ Steamed Green Beans and Mushrooms ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk

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.

Message from the Director

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://cabq.gov/seniors>.

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone. We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,

Director Anna Sanchez

Los Volcanes Little Library

Little Free Library June Book Drive – The Little Free Library promotes literacy, the love of reading, and builds a sense of community as we share skills, creativity, and wisdom across generations.

Throughout the month of June, help us fill our shelves by donating a book! Donations accepted at the front desk.



Celebrating Pride

Join us as we celebrate Pride at Highland Senior Center!



Thursday, June 29, 2023
2:00 p.m. - 4:00 p.m.

DSA Advisory Council

Monday, June 26, 2023, 12:00 P.M.

Bear Canyon Senior Center - 4645 Pitt NE, 87111

Los Volcanes Intergenerational Tin Project

Los Volcanes would like to recognize the students of Mark Armijo Academy and the LVSC tin group for collaborating on holiday themed tin projects! These consecutive projects wouldn't have been possible without the assistance of the Transportation division of DSA. A huge THANK YOU to the LVSC tin group, the MAA students and staff, and DSA's Transportation division.