



Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors



NOTICE



**PLEASE EXCUSE OUR MESS WHILE WE REMODEL TO
BETTER SERVE YOU**

Los Volcanes kitchen is getting a face lift beginning
May 29th - June 16th

During construction we will only have Tray lunches
available

Only continental breakfast will be available for
purchase beginning May 29th - June 16th

•No Salads or Sandwiches beginning May 29th



**The following Centers will be closed for Training
* June 2nd - June 6th ***

Los Volcanes Senior Center & Fitness Center * North Valley
Senior Center * Santa Barbara Martineztown Multigenerational
Center * Manzano Mesa Multigenerational Center * North
Domingo Baca Multigenerational Center*

Meal Services will be offered at other locations:

Barelas, Highland, Palo Duro & Bear Canyon.

Thank you for your cooperation



Juneteenth and Pride Month

are important reminders to celebrate
diversity and inclusivity, fostering a culture where everyone feels
valued. Juneteenth commemorates the abolition of slavery in Texas,
while Pride Month celebrated the LGBTQ+ community and their
history and achievement. Both events highlight the importance of
recognizing and respecting different identities and experiences.



Center Hours

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

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

CLOSURES

**Los Volcanes will be
Closed on Thursday,
June 19th, 2025 in
observance of
Juneteenth.**



Participant Code Of Conduct

Continental Breakfast Menu

May 29th - June 16th

**Choice of Orange Juice or Milk
AND**

**Option of Assorted Cereal, assorted Danish,
or Muffin- Pick 1**

OR

**Option of Hard Boiled Egg, Bagel, Yogurt,
pudding or Assorted Fruit -Pick 2**

8 am- 9am

\$1.50/person

ONLY THE ITEMS LISTED WILL BE SERVED

Senior Citizens Law Office

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

**Thursday, June 26, 2025
10 am - 12 pm**

Sign up at front desk for one-on-one



Sign up at front desk for computer help!
Thursday, June 26th, 10am-12pm

GEHM CLINIC
Wednesday, June 25th, 2025
8:30am-12pm



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, June 9, 2025
12 pm - 4 pm**



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

AARP
Driver Safety

DSA ADVISORY COUNCIL

Los Volcanes Senior Center
6500 Los Volcanes Rd. NW 87121
@ noon

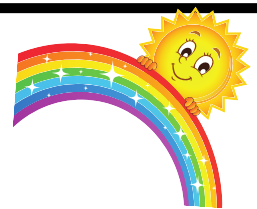
1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 (30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.



Birthday Celebration!
June 12th @ 1:00 pm



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.

We will be closed for both sessions in June.
(1st & 3rd Thursday mornings)

10 am - 12 pm

***appointment required**

Sign up at the front desk*























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**

JUNE 2025

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
2	3	4	5	6
BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz 	Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz 	Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz 	Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz 
9	10	11	12	13
Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz 	Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz 	Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz 	Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz 
16	17	18	CLOSED 19	20
Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz 		Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 
23	24	25	26	27
Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Salad 4oz <small>*May Contain Nuts</small> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz 	Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 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.

Daily Classes and Activities

Monday

Woodcarving: 8:30 am - 10:30 am
Billiards 8 am - 4:45 pm
Ceramics: 9 am - 12:00 pm (Class is full waitlist available)
Beginning Guitar: 9 am - 10:00 am, 11:00 am - noon
(Class full, Waitlist Available)
Open Computer Lab: 9 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Pickleball: 9:30 am - 11 am
Rummikub: 12 pm - 3 pm
Beginning Spanish: 1 pm - 2:30 pm (\$20/class) **Class will resume September 8, 2025.**
AARP Smart Drive Course: 12 pm - 4 pm (1st Monday)
Woodcarving (Power): 11 am - 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
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
Pickleball: 9:30 am - 11 am (5th Wed.)
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
Ceramics: 9 am - 12 pm (Class is full waitlist available)
Open Computer Lab: 9 am - 4:45 pm
Classical Guitar Group: 11 am - 1 pm
Flea Market Lottery: 10:15 am (Last Friday of month)
The Hooked Generation-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
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.

BREAKFAST MONDAY - FRIDAY 8 AM - 9 AM.

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 Breakfast Items

Pancake (1): **.25¢**, French Toast (1): **.25¢**

Waffle: **\$1.00**, w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.70¢**

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

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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.

Upcoming Events

Trips!

LOS VOLCANES SENIOR CENTER

Join us, and our very own member and Vet to Vet facilitator, Sam Roy, for some West African Percussion and drum beats. Also, check-out his display while it's available for viewing, just in time for Juneteenth!

Sponsored By:
El Campo Santo, Inc.



Wednesday, June 18th
Begins @ 10 AM
Los Volcanes Senior Center

FREEDOM DAY



ONE ALBUQUE RIQUE

Free Ride! Santa Fe National Cemetery



Sign Up at
Front Desk

April 9, 2025 | May 14, 2025 | June 11, 2025



LOS VOLCANES SENIOR CENTER



Friday, June 20th, 2025

Check in: 8:45 AM

Return: 3:30 PM (Approx.)

Admission: \$8 for 62+, \$10 for 61 and younger
Lunch to follow, bring cash.

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

June 5th
CLOSED for Training

June 12th -FREE for the Gentlemen!
Chili Bean Express

June 19th
CLOSED for Juneteenth

June 26th
La Raza

Los Volcanes Senior Center

PLEASE JOIN US FOR A

FATHER'S DAY

Dance

12 | JUNE | 1:30 PM - 4 PM

FREE FOR GENTLEMEN

MUSIC BY:
CHILI BEAN EXPRESS

6500 LOS VOLCANES RD. NW
ALBUQUERQUE, NM 87121

Sponsored By:
Oak St. Health

ONE ALBUQUE RIQUE

MY HERO

RAFFLE!

WE LOVE DAD



Ojo Caliente

MINERAL SPRINGS
RESORT & SPA



Tuesday, June 24, 2025

Check in: 9:00 AM Return: 4:30 PM (Approx)

ADMISSION: \$45 + CASH FOR LUNCH

Mystery Lunch Trip with Angel

Tuesday, June 17th
Check in 11 am
Return 2 pm



Hiking

Thursday, June 12, 2025 - Cedro Peak
Loop

Thursday, June 26, 2025 - Bear
Wallow- Borrego Loop

Los Volcanes Sweet Shop

ICE CREAM SOCIAL
(2ND WEDNESDAY OF
THE MONTH)
JUNE 11TH
10 AM UNTIL SUPPLIES
ARE GONE.

PIE SOCIAL
(3RD WEDNESDAY OF THE
MONTH) JUNE 18TH
10 AM UNTIL SUPPLIES LAST

\$5 Hair cuts
(tips appreciated)

DATE

June 25, 2025

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center - 12:30 pm

Sign up at the
front desk!

AVEDA INSTITUTES





Message from Dir. Sanchez:

Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Masquerade Ball at Highland Senior Center on June 26th, a day of joy, inclusion, and connection.

Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults! Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey – we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and I am grateful!

Sincerely,

Anna M. Sanchez, Director

BOARDS & COMMISSIONS NEEDS YOU

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

CABQ.GOV/BOARDS

APPLY TODAY

**ONE
ALBUQUE
RQUE**
city clerk



June 13th

General Office Hours with Administration

Los Volcanes Senior Center

Administration will be available to listen to member feedback.

Friday 8:00 am - 9:00 am