

JUNE

Los Volcanes Senior Center Newsletter



505-767-5999

6500 Los Volcanes Rd , NW 87121
cabq.gov/seniors

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.

Director Anna Sanchez

IMPORTANT NOTICE

These facilities will be closed for Employee Training
June 1 to June 5 , 2026:

Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center, Los Volcanes Senior Center/Fitness Center, Palo Duro
Senior Center/Fitness Center

Normal business hours will resume on June 6, 2026 for Manzano Mesa, North
Domingo Baca, Los Volcanes, and Palo Duro Centers facilities.

Normal Business hours will resume on June 8, 2026 for Santa Barbara
Martineztown.

During this time, meal services will be available at :Barelas Senior Center, North Valley Senior
Center, Highland Senior Center, Bear Canyon Senior Center

Thank you for your cooperation!

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

VACANT
Kitchen Aide

Frank Franco Kitchen
Aide

CLOSURES

Los Volcanes
will be Closed
on Friday, June
19th, 2026 in
observance of
Juneteenth.



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

Birthday Celebration!



scan™



Thursday, June 11th @ 1 pm

Thank you



Thanks Donut Mart on Montgomery and Jefferson, also the Coors and Sequoia location

for your sponsorship of our Coffee with a Cop



Thanks to our APD substation last month for visiting with our community



Join us for Coffee with Constituents on June 25th at 8:30am-9:30am at North Domingo Baca Multigenerational



June Advisory Council Meeting At Los Volcanes Senior Center Monday, June 15th @12:00



GEHM CLINIC

June 24th

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, June 8
12pm -4pm



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



Fraud Protection Presentation

Presenter: Stephanie W. Telles

Monday, June 8th
Starts @ 1:00PM

- Identify warning signs of financial scams.
- Understand fraud tactics and psychological manipulation.
- Learn steps to avoid victimization and access resources for support.

Sign up at the front desk!



Thursday,
June 25, 2026
10 am- 12 pm



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

June 4th Center Closed, June 18th (1st & 3rd 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
Classical Guitar Group: 11 am - 1 pm **CLOSED GROUP**
Flea Market Lottery: 10:15 am (**Last Friday of month**)
Pinochle: 12 pm - 4 pm
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.

Dine in lunch is served 11:30am - 1pm Monday - Friday. Please call 767-5999 to make your reservation by 1:00pm the day prior.

**ONE
ALBUQUE
RQUE**

JUNE 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 |
|--|---|---|--|---|
| 1 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Applesauce 4oz 1% Milk 8oz | 2 Greek Pasta Salad 4oz Cucumber/Red Onion 4oz Salad w/ Ranch 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz | 3 Pork Tamale 3oz Red Chile 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 1ea 1% Milk 8oz | 4 Mushroom Swiss Veggie Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz | 5 Beef Steak /Onions 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Banana 4oz 1% Milk 8oz |
| 8 Bake Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz | 9 Egg Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Yogurt 4oz 1% Milk 8oz | 10 Salisbury Steak 3oz Mushroom & Onion Gravy 1oz Green Beans 4oz Mashed Potatoes 4oz Brownie 1ea 1% Milk 8oz | 11 Whole Wheat Rotini Pasta 4oz Spinach w/ Onions 4oz Breadstick 1ea Strawberries 3oz 1% Milk 8oz | 12 Teriyaki Pork 3oz Peppers 1oz Brown Rice 4oz Normandy Blend 4oz Watermelon 4oz 1% Milk 8oz |
| 15 Meatloaf 3oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz | 16 Baked Chicken Thigh 3oz Diced Beets 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz | 17 Pork Roast 3oz Gravy 1oz Spinach/Mushrooms 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz | 18 Elbow Mac & Cheese w/ Broccoli 4oz Steamed Carrots 4oz Purple Cabbage w/ Apples 4oz Honeydew 1ea 1% Milk 8oz | CLOSED 19 |
| 22 Red Chile Beef 3oz Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 1ea 1% Milk 8oz | 23 Chicken Salad 4oz Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 1ea 1% Milk 8oz | 24 Baked Pollok 3oz Black Beans 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz | 25 Baked Ziti 5oz Corn, Peppers & Lima Beans 4oz Breadstick 1ea Orange 4oz 1% Milk 8oz | 26 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz |
| 29 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz | 30 Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz | 1 BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz | 2 Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz | CLOSED 3 |

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.

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**

Breakfast Specials

Mondays: English Muffin Sandwich: **\$1.00**

Tuesdays: Deluxe Burrito (Smothered, lettuce, tomato): **\$1.50**

Wednesdays: Omelet w/ Texas Toast Meat Lovers (bacon, sausage, ham), or veggie: **\$1.50**

Thursdays: Biscuits & Gravy: **\$1.00**

Fridays: Huevos Rancheros: **\$1.50**



A La Carte Breakfast Items

- Pancake (3): **.25¢**
- French Toast (1): **.25¢**
- Waffle: **\$1.00**
- Oatmeal: **.70¢**
- Bacon/Sausage: **.50¢**
- Eggs: **.25¢**
- Hash Browns: **.30¢**
- Toast/Tortilla: **.20¢**
- Side of Red/Green: **.25¢**
- Milk or Juice: **.25¢**



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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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
Monday, June 8th @ 9 am
Must be in person with current membership

General Crime Prevention Presentation

Monday, June 22nd



Starts at
9:00AM



SIGN UP AT THE FRONT DESK!!

CITY OF LAS VEGAS MUSEUM &
ROUGH RIDER MEMORIAL COLLECTION
& FORT UNION NATL.
MONUMENT, LUNCH TO FOLLOW
Tuesday, June 23rd

Check in:
8:15AM



Return:
5:00PM

Voices of Freedom: A Juneteenth

Display



Join us on Wednesday, June 17th to view
and experience art and memorabilia
connected to Juneteenth and the
celebration of freedom!



Special thanks to Sam Roy for sharing his personal
collection with us for the 2nd year.

Thursday Afternoon Dance \$3 with
Current Membership
Thursdays 1:30 pm - 4 pm
June 4th
Closed for Training

June 11th
Peter Vigil & The All-Star
Band

June 18th- (Free for Men!)
Paul Pino & the Tone Daddies

June 25th
LA Raza

Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST
WEDNESDAY OF THE
MONTH) CANCELLED
DUE TO CLOSURE

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



NM MUSEUM OF ART-

IN SANTA FE

FRIDAY,

JUNE 26, 2026

Admission-
\$8

Admission-
\$8

Check in
8:15AM



Return:
3:00PM
(Approx.)

Lunch to follow @ your own expense.



Hiking



June 11, 2026- Dale Ball Trail- Sierra del
Norte West(Lunch to follow in SF)
June 25, 2026- Pine Flat-Deadman-
Southern Crossing
*Sign up at front desk.



Mystery Lunch Trip with Angel
Tuesday, June 16th
Check in 11 am
Return 2 pm



A Aveda Institutes

\$5 Hair cuts
(tips appreciated)



Monday, June 22nd
Sign in - 9:30am Sign up at the
Depart -9:45am front desk!
Arrive back at center -12:30 pm

