

# March

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors

**NEW!**

## REFLEXOLOGY!

**Tuesdays from 9:00 a.m. - 12:00 p.m.**

Reflexology is a hands-on modality that relaxes and restores the body working the hands and/or feet.



**\*Sign up the day of the class\***

## HAPPY PI (3.14) DAY!

Pi is the day to celebrate the mathematical number pi (3.14).  
Come and celebrate Pi day with a slice of Pie!

**Tuesday, March 14**



**10:00 a.m. - 11:15 a.m or until sold out**

**NEW**

## Senior Tech Help with Steve!

Need help with your computer or smart phone?

Stop by and our instructor Steve Gott can help!

**Thursday, March 9 and**

**Thursday, March 23**

**starting at 10:00 a.m.**

**\*Sign up at the front desk\***

**NEW**

## 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. - 3:00 p.m.**

**\*Sign up at the front desk\***

## POWERFUL TOOLS FOR CAREGIVERS

Caring for a family member or friend with a serious condition can be physically, emotionally, and financially draining. This FREE 6-week class provides tools to reduce stress, deal with difficult emotions, locate helpful resources and live a more balanced life, so everyone benefits.

Participants receive a free copy of "The Caregiver Helpbook". Limited to 10 participants, so register soon! Call 505-494-4021 or visit

[www.familycaregivernm.org](http://www.familycaregivernm.org).

**Mondays, 1:00 p.m. - 2:00 p.m. @ Los Volcanes**

**April 3, 10, 17, 24, May 1 and 8**

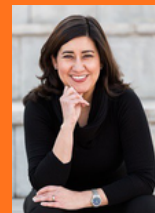
## Center Hours

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

**03/14: Pi Day (3.14)**

**04/03/23: Powerful Tools for caregivers**

**04/12/23: Tech class by Adelante**

**ONE ALBUQUE RQUE**

Accredited by **nco**  
National Institute of Senior Centers

**Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.**

## 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.

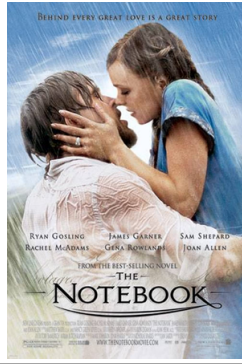
### Movie Matinees

Join us for movies and Popcorn at no charge!

**Afternoon Movie:**

**The Notebook**

**Wed. March 22, @ 2:00 p.m.**



### Thursday Afternoon Dances

Dance to live music

Thursdays 1:30 p.m. to 4:00 p.m.

\$3 with current membership!

Thursday, March 2: Paul Pino & Tone Daddies

Thursday, March 9: Chile Beans Express

Thursday, March 16: Tino's Band

Thursday, March 23: Chile Beans Express

Thursday, March 30: Amistad

### Shot Clinic

Covid Vaccine and Covid Booster

No Appointment necessary.

**Tuesday, March 21**

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

**Sponsored by:**



### Dessert Social

Join us for monthly dessert socials with all the fixings!

**Ice Cream Social**

**Wednesday, March 1**

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

### Senior Tech Connect Fair

**SAVE THE DATE:**

Friday, April 14 at Palo Duro Senior Center

\*Transportation provided\*

### 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, March 29**

**8:30 a.m. - 12:00 p.m.**



### AARP Driver Safety Course

Monday, March 6 (Waitlist)

Monday, April 3

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

Call 505-767-5999 to Register

Cost: \$20 for AARP Members,

\$25 for non-members



### Free Computer Class by Adelante

Wednesday, April 12 from 9:00 a.m. - 10:00 a.m.

Unsubscribe

\*Sign up: (505) 767-5999



## 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.  
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): 1:30 p.m. - 3:30 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.  
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.  
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 Wednesday)  
Ice Cream Social: 10:15 a.m. - 11:15 a.m. (1st 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 (Last 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.  
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.  
Tech Help With Steve: 10:00 a.m. - 11:00 a.m. (2nd + 4th Thursday)  
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.  
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.  
Pie Social: 10:15 a.m. - 11:15 a.m. (3rd Friday)  
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 ALBUQUERQUE

## March 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
27	28	1	2	3
<ul style="list-style-type: none"> <li>◆ Salisbury Steak</li> <li>◆ Roasted Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef Fajitas</li> <li>◆ Tortilla</li> <li>◆ Spinach</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Seasoned Baked Chicken</li> <li>◆ Mashed Potato</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chile Dog w/Cheese</li> <li>◆ Tatar Tots</li> <li>◆ Seasoned Roasted Corn</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cajun Garlic Butter Tilapia</li> <li>◆ Orzo w/ Diced Tomatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
6	7	8	9	10
<ul style="list-style-type: none"> <li>◆ Beef Stroganoff/Pasta</li> <li>◆ Steamed Carrots</li> <li>◆ Broccoli</li> <li>◆ Croissant w/Margarine</li> <li>◆ Apricots</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken Fajitas Beef/Fajita Blend</li> <li>◆ Flour Tortilla</li> <li>◆ Calabacitas</li> <li>◆ Spanish Rice</li> <li>◆ Seasonal Fruit: Mandarin Orange</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Blackeye Peas</li> <li>◆ Seasonal Vegetable: Okra/Diced tomatoes</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Meatloaf w/Tomato Gravy</li> <li>◆ Rosemary Potatoes</li> <li>◆ Green Beans</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Blackened Tilapia</li> <li>◆ Ancient Grains</li> <li>◆ Green Peas</li> <li>◆ Whole Wheat Roll w/Margarine</li> <li>◆ Sliced Peached</li> <li>◆ 1% Milk</li> </ul> 
13	14	15	16	17
<ul style="list-style-type: none"> <li>◆ Baked Chicken w/Gravy</li> <li>◆ Mashed Potato</li> <li>◆ Seasonal Vegetable: Italian Vegetable</li> <li>◆ Seasonal Fruit: Mixed Fruit</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Bean and Rice Burrito w/Red Chile Sauce</li> <li>◆ Street Roasted Corn</li> <li>◆ Fajita Blead Peppers</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork Chop w/Gravy</li> <li>◆ Lemon Herb Rice</li> <li>◆ Beets</li> <li>◆ Pears</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Lentil Minestrone Soup</li> <li>◆ Seasonal Vegetable: Succotash</li> <li>◆ Bread Stick</li> <li>◆ Seasonal Fruit: Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Comed Beef</li> <li>◆ Diced Potatoes</li> <li>◆ Steamed Cabbage</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 
20	21	22	23	24
<ul style="list-style-type: none"> <li>◆ Chicken &amp; Sausage Jambalaya w/Peppers &amp; Onions</li> <li>◆ Collard Greens</li> <li>◆ Brown Rice</li> <li>◆ Sliced Apples</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/Brown Gravy</li> <li>◆ Rosemary Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Pineapple</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey Pot Pie/Vegetables/Biscuit</li> <li>◆ Diced Potatoes</li> <li>◆ Seasonal Vegetables: Zucchini</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork Loin Roast w/Gravy</li> <li>◆ Sweet Potatoes</li> <li>◆ Cauliflower/Broccoli</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded Cod/Tartar Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Seasonal Vegetable: Beets</li> <li>◆ Seasonal Fruit: Strawberries</li> <li>◆ 1% Milk</li> </ul> 
27	28	29	30	31
<ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Garlic Angel Hair Pasta</li> <li>◆ Green Beans</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ Diced Pears</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pasta Primavera: Pen-na/Mariana/Fajita Blend/Mozzarella</li> <li>◆ Steamed Broccoli/Cauliflower/Carrots</li> <li>◆ Bread Stick</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sliced Ham/Macaroni and Cheese</li> <li>◆ Roasted Brussel Sprouts</li> <li>◆ Stewed Tomatoes</li> <li>◆ Oranges</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red Beef Enchiladas-Red Chile/Beef/Cheese/Corn Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit: Grapes</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Garlic Buttered Salmon</li> <li>◆ Brown Rice</li> <li>◆ Okra/Tomatoes/Onions</li> <li>◆ Vanilla Pudding</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¢**



## **WEEKLY 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**

**\*Please no bills larger than \$10 please\***



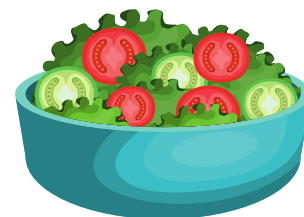
# A LA CARTE MENU MONDAY - FRIDAY 11:30 A.M. - 1:00 P.M.



**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.**

**ONE  
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