

March

Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting cabq.gov/seniors webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Center Hours
Mon, Tue, Wed, Fri: 8a-5p
Thur: 8a - 7p
Sat: 9a-1p
Sun Closed

Special Events

Join us for St. Patrick Day Themed goodies!

Thursday, February 17,
12pm - 1:45pm

Sponsored by:



NEW CLASS

Interested in learning Spanish?

We will be offering a beginning Spanish class limited to first 10 participants, sign up at the front desk. Class begins April 5th



Accredited by
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.

50+ Senior Tech Connect Fair

The City of Albuquerque's Department of Senior Affairs and Adelante DiverseIT is hosting a highly anticipated, free to the public technology fair geared towards older adults age 50 and older. The 50+ Senior Tech Connect Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. A special thanks to our event sponsors, AT&T and Internet Essentials from Comcast.

COVID-19 BOOSTER/ FLU VACCINE CLINIC

THURSDAY, MARCH 17 FROM 9AM - 12PM

**THANK YOU TO
BEST BUY DRUGS**



BE BRAVE: with HEART A Fall recovery class

**ALBUQUERQUE FIRE RESCUE IS PROUD TO OFFER BE BRAVE: WITH HEART. A DYNAMIC
90 MINUTE SESSION OF DISCUSSION & PRACTICE**

THURSDAY, MARCH 10 AT 9AM @ LOS VOLCANES SENIOR CENTER

PARTICIPATION IS STRONGLY ENCOURAGED, PLEASE WEAR SECURE SHOES & LAYERS



Monday

Woodcarving: 8:30 am - 10:30 am
Billiards 8 am - 5 pm
Ceramics: 9 am - 12 pm
Puzzle: 8 am - 5 pm
Pickleball: 9:30 am - 11 am
Rummikub: 12 pm - 3 pm
Woodcarving (Power): 1:30 pm - 3:30 pm



Tuesday

Billiards: 8 am - 5 pm
Puzzle: 8 am - 5 pm
Painting: 9 am - 11 am
Salsa Etc: 9:30 am - 10:30 am
Bible Study: 9:30 am - 11 am
Swedish Weaving: 12:30 pm - 2 pm
Mexican Train: 12:45 pm - 4 pm
Euchre: 12:30 pm - 4:30 pm
Mah Jongg: 12:30 pm - 4:30 pm
Salsa Aerobics: 2:30 pm - 3:30pm



Wednesday

Billiards 8 am - 5 pm
Puzzle: 8am - 5 pm
Open Computer Lab: 9 am - 1 pm
Crochet: 9 am - 12 pm
Pottery: 9 am - 12 pm
Stretch & Tone: 9:30 am - 10:30 am
Poker: 12: 30 pm - 4:30 pm
Pinochle: 12:30 pm - 4 pm
Tin Class: 1:30 pm - 4 pm



Thursday

Billiards 8 am - 7 pm
Puzzle: 8 am - 7 pm
Drawing: 9 am - 11 am
Line Dancing Beginner: 9 am - 10 am
Line Dancing Improver: 10:15 am - 11:15 am
Mah Jongg: 12:30 pm - 4:30 pm
Poker 12 noon - 4:30 pm
Origami: 1:30 pm - 3:30 pm
Afternoon Dance: 1:30 pm - 4: 15 pm
Pickleball: 4:45 pm - 6:45 pm



Friday

Billiards 8 am - 5pm
Flea Market: 8 am - 11 am
Ceramics: 9 am - 12 pm
Beginning Classical Guitar Group: 10 am - 12 pm
Plastic Canvas: 1 pm - 3 pm
Crochet: 1:30 pm - 3: 30 pm
Bingo: 2pm - 4 pm



Saturday

Billiards 9 am - 1 pm
Puzzle: 9 am - 1 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.

Thursday Afternoon Dances

Dance to live music

Thursdays 1:30pm to 4:15pm

\$3 with current membership!



Thursday, March 3: Timo's Band

Thursday, March 10: La Raza

Thursday, March 17: Impression

Thursday, March 24: Paul Pino &

Tone Daddies

Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details



Friendship Coffee

A cup of coffee shared with a friend is happiness tasted & time well spent

Mar 3: 12 pm - 1:30 pm

Mar 4: 8:30 am - 9:45 am

Mar 11: 2 pm - 3 pm

Mar 17: 12 pm - 1:30 pm

Mar 18: 8:30 am - 9:45 am

Mar 25: 8:30 am - 9:45 am

Mar 31: 12 pm - 1:45 pm



Thank you to the following Sponsors:

 **PRESBYTERIAN**
Health Plan, Inc.

 **Harmony**
HOME HEALTH
& HOSPICE
Celebrating 20+ Years of Service

Edward Jones
MAKING SENSE OF INVESTING

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 23

8:30am - 12:00pm



Dessert Social

Join us for monthly dessert socials with all the fixings!

Ice Cream Social

Wednesday, March 2

10:15 am - 11:15 am

Pie Social

Friday, March 18, 10:15 am - 11:15 am



Thank you to the following sponsor:

 **MedoCare**
senior
insurance
solutions

New Classes @ Los Volcanes

Tue: Salsa Etc, 9:30 am - 10:30 am

Wed: Stretch & Tone, 9:30 am - 10:30am

Thur: Line Dancing Begin. 9:30 am - 10:30 am, Improv: 10:15 am - 11:15 am

























Thur: Origami, 1:30 pm - 3:30 pm

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
RQUE**

March 2022



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
28	1	2	3	4
<ul style="list-style-type: none"> ♦ Green Chile Chicken Posole ♦ Flour Tortilla ♦ Calabacitas ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Turkey w/Gravy ♦ Cornbread Stuffing ♦ Vegetables ♦ Chocolate Chip Cookie ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Red Chile Omelet ♦ Steamed Potatoes ♦ Collard Greens ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Diced Pork ♦ Sweet Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Cod w/Tartar Sauce ♦ Steak Fries w/Ketchup ♦ Brownie ♦ 1% Milk 
7	8	9	10	11
<ul style="list-style-type: none"> ♦ Beef Fajitas ♦ Flour Tortilla ♦ Spanish Rice ♦ Pinto Beans ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Chicken Alfredo w/ Green Chile ♦ Green Beans w/ Mushrooms ♦ Garlic Bread Stick ♦ Pudding ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Ham w/ Pineapple Glaze ♦ Brown Rice ♦ Steamed Carrots ♦ Yogurt ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Beef Steak w/Grilled Onions ♦ Roasted Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Cookie ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Ziti w/Mozzarella ♦ Vegetables ♦ Garlic Bread Stick ♦ Fruit ♦ 1% Milk 
14	15	16	17	18
<ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes w/ Gravy ♦ Vegetables ♦ Fruit ♦ Dinner roll w/Margarine ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Minestrone w/Navy Beans ♦ Cornbread ♦ Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ BBQ Pulled Pork ♦ Tater Tots w/Ketchup ♦ Sliced Beets ♦ Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Corned Beef ♦ Steamed Potatoes ♦ Steamed Cabbage ♦ Jell-O ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Loaded Baked Potato ♦ Vegetables ♦ Apple Crumble ♦ 1% Milk 
21	22	23	24	25
<ul style="list-style-type: none"> ♦ BBQ Chicken Thigh ♦ Baked Beans ♦ Corn Bread ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Meatballs w/Marinara & Cheese ♦ Tater Tots w/Ketchup ♦ Green Beans w/ Mushrooms ♦ Hoagie Bun ♦ Pudding ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Turkey Pot Pie ♦ Steamed Potatoes ♦ Vegetables ♦ Apple Sauce ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Red Chile Beef Enchiladas ♦ Spanish Rice ♦ Calabacitas ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Cajun Tilapia ♦ Butter Noodles ♦ Vegetables ♦ Fruit ♦ 1% Milk 
28	29	30	31	
<ul style="list-style-type: none"> ♦ Salisbury w/Gravy & Mushrooms ♦ Steamed Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Chicken Tenders w/ BBQ Sauce ♦ Brown Rice ♦ Corn w/Peppers ♦ Dinner Roll w/ Margarine ♦ Pudding ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Garlic Tilapia ♦ Angel Hair Pasta w/ Diced Tomatoes ♦ Steamed Green Beans ♦ Jell-O ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Frito Pie ♦ Vegetables ♦ Fruit ♦ 1% Milk 	<p><i>"Senior Affairs Nutrition Program is proud to be part of the New Mexico GROWN state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."</i></p>

BREAKFAST MONDAY - FRIDAY 8AM - 9AM

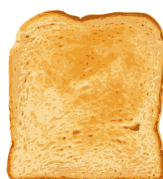
Full: 2 Eggs, toast or tortilla, potatoes,
& choice of bacon or sausage **\$1.50**

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**



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**

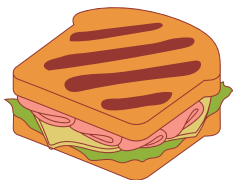
Thursdays: Biscuits & Gravy: **\$1.00**

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



**PLEASE HAVE SMALL BILLS WHEN
PAYING FOR BREAKFAST**

A La Carte Lunch Menu Available



Hot or Cold Sandwich: \$1.50

Small Salad: \$1.00

Large Salad: \$2.00



Free Hot Meal Option still available for members 60+ on a reservation basis

No Reservation required for A La Carte Menu

