

March 2024

Los Volcanes Senior Center Newsletter
6500 Los Volcanes Rd , NW 87121
505.767.5999
cabq.gov/seniors

Welcome to Los Volcanes

Message from Dir. Sanchez:

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

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

Julio Santiesteban
Center Manager

Matthew Montoya
Program Coordinator

Rath Chaleunphonh
Office Assistant

Nastasia Lane
Program Assistant

Reina Goode
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

Upcoming Dates & Announcements

**50+ SENIOR
TECH
CONNECT**

SAVE THE DATE!
APRIL 19, 2024

MANZANO MESA MULTIGENERATIONAL CENTER



Participant Code Of Conduct

Participants shall:

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.

GEHM CLINIC AND DENTAL

Wednesday, March 27 8:30 p.m. - 12:00 p.m.

Partnering with University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!



DSA Advisory Council

March 18, 2024, starting at 12:00 p.m.

Los Volcanes Senior Center

6500 Los Volcanes Rd NW 87121



AARP Driver Safety Course

Monday, March 4, 2024

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

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



Porcelain Dolls Class

Every Thursday, 9:00 a.m. - 11:30 a.m.

The Los Volcanes Porcelain Dolls group is seeking new members! For your first project you will have access to supplies, materials, and firing equipment. Join us and learn how to make your own porcelain doll!



Wednesday, March 8
3:00 p.m. - 5:00 p.m.
Teeniors at Los Volcanes
Teeniors (tech-savvy teens who help seniors learn technology will be here at Los Volcanes!
Sign up at the front desk



TECH THURSDAYS BY TELEVEDA
THURSDAY, MARCH 28TH
10:00 AM TO 11:00 AM
SIGN UP AT THE FRONT!



Line Dancing (Beginning)

Thursdays from 9:30 a.m. - 11:00 a.m.

Join our revamped beginning line dancing class open for anybody who loves to line dance or wants to learn line dancing!



Smartphone Assistance

Need assistance with your smartphone?

Stop by and receive this help.

Thursday mornings from 8:30 a.m. - 10:30 a.m.

sign up at the 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.

March 21, 2024

3rd Thursday mornings from 10:00 a.m. - 12:00 a.m.

***appointment required**

Sign up at the front desk*



Senior Citizens Law Office

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



Thursday, March 28, 2024

10:00 a.m. - 12:00 p.m.

Sign up at front desk

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 at front desk)**
 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.



Smartphone Assistance: 8:30 a.m. - 10:30 a.m. **(Sign up at front desk)**

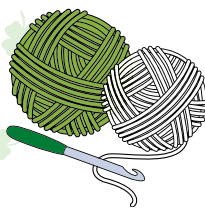
Tuesday

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.
 Bible Study: 9:30 a.m. - 11:00 a.m.
 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.
 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.)
 Poker: 12: 30 p.m. - 4:30 p.m.
 Pinochle: 12:30 p.m. - 4:30 p.m.
 Tin Class: 1:30 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.
 Line Dancing (Beginning): 9:30 a.m. - 11:00 a.m.
 Mah Jongg: 12:30 p.m. - 4:30 p.m.
 Poker: 12:00 p.m. - 5:30 p.m.
 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)**
 The Hooked Generation-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 RQUE

March 2024

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
26	27	28	29	1
<ul style="list-style-type: none"> ◆ Carne adovada, red chile ◆ Flour tortilla ◆ Collard greens ◆ Spanish rice ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken soft tacos ◆ Spanish rice ◆ Corn w/red peppers ◆ Cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Baked beans ◆ Steamed carrots ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Swedish meatballs w/ gravy ◆ Steamed green beans ◆ Blueberry cobbler ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/garlic sauce ◆ Angel hair pasta w/ diced tomatoes ◆ Spinach ◆ Jell-O ◆ 1% milk
4	5	6	7	8
<ul style="list-style-type: none"> ◆ Diced pork over rice ◆ Yams ◆ Imperial blend vegetables ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey w/gravy ◆ Stuffing ◆ Peas and carrots ◆ Chocolate chip cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef steak w/grilled onions ◆ Roasted red potatoes ◆ Brussel sprouts ◆ Sugar cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Steak fries w/ketchup ◆ Peas ◆ Brownie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Green chile posole ◆ Black beans ◆ Calabacitas ◆ Pears cupped ◆ 1% milk
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Beef fajitas ◆ Pinto beans ◆ Collard greens ◆ Flour tortilla ◆ Mixed fruit cup ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken alfredo w/penne pasta ◆ Green beans w/mushrooms ◆ Garlic bread stick ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked ham w/pineapple sauce ◆ Rice pilaf ◆ Baby carrots ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Red chile omelet ◆ Rosemary potatoes ◆ Spinach ◆ Pineapples cupped ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Minestrone soup w/navy beans ◆ Cornbread ◆ Malibu vegetable blend ◆ Banana ◆ 1% milk
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Corned beef ◆ Cornbread ◆ Rosemary potatoes ◆ Cabbage ◆ Sugar cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Rotisserie chicken ◆ Mashed potato w/gravy ◆ Steamed carrots ◆ Dinner roll w/margarine ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Tater tots w/ketchup ◆ Corn w/red peppers ◆ Mandarin oranges cupped ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Red chile cheese enchiladas ◆ Pinto beans ◆ Spanish rice ◆ Flour tortilla ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked ziti ◆ Mixed vegetables ◆ Garlic bread stick ◆ Red apple ◆ 1% milk
25	26	27	28	29
<ul style="list-style-type: none"> ◆ BBQ chicken thigh ◆ Baked beans ◆ Mashed potatoes ◆ Dinner roll w/margarine ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Red chile pork posole ◆ Corn w/red peppers ◆ Blueberry cobbler ◆ Flour tortilla ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Au gratin potatoes ◆ Imperial blend vegetables ◆ Applesauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Loaded baked potato w/green chile cheese ◆ Oriental blend vegetables ◆ Apple crisp ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Cajun tilapia over rice ◆ Pasta w/garlic butter ◆ Italian vegetable blend ◆ Granny Smith apple ◆ 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**

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 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¢**



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.

Upcoming Events

Trips!

LOS VOLCANES SENIOR CENTER PRESENTS:

The Film Fiesta

Wednesday, March 13th
(Second Wednesday of the Month)
Starting time: 1:30 pm

Popcorn free with movie!

Movie Subject to change



Thursday Afternoon Dances

Thursdays 1:30 p.m. to 4:00 p.m.
\$3 with current membership!

Thursday, March 7
La Raza

Thursday, March 14
Milagro
St Patricks Day Dance
WEAR GREEN

Thursday, March 21
Antonio y Los Unicos

Thursday, March 28
De Luz

PIE SOCIAL
(SECOND WEDNESDAY OF THE MONTH)
MARCH 13TH
10 AM UNTIL SUPPLIES LAST



ICE CREAM SOCIAL
(FIRST WEDNESDAY OF THE MONTH)
MARCH 6TH
10 AM UNTIL SUPPLIES LAST



PRESENTATIONS

SCAM PRESENTATION
PRESENTED BY TEENIORS
MONDAY, MARCH 8TH
2:00 PM TO 3:00 PM
SIGN UP AT THE FRONT!



SACRED DANCE WORKSHOP BY ANGELA ORTIZ
MONDAY, MARCH 11TH
11:00 AM TO 1:00 AM
SIGN UP AT THE FRONT!



DATE

March 5, 2024
Sign in-9:30 Am
Depart-9:45 Am
Arrive back at center-2:00 Pm

ALBUQUERQUE ZOO



Entry Cost
-Adults-\$10
Seniors (65+)-\$5.50



WHEELS MUSEUM AND BARELAS COFFEE SHOP



Entry Cost

-\$10
-Meal at own expense bring cash
check is together.

DATE

March 26, 2024
-Sign in-9:00 Am
-Depart-9:15 Am
-Eat at Barelas coffee shop
-Back at center-2:00 Pm

DATE

March 13, 2024
Sign in-9:00 Am
Depart-9:20 Am
Arrive back at center-2:00 Pm

HAIRCUT AT



Sign up at the front!
Entry Cost \$5



Sign up at the front!

LET'S CELEBRATE TOGETHER AT BEAR CANYON SENIOR CENTER

DATE

March 27, 2024
Sign in-1:15 Pm
Depart-1:30 Pm
Arrive back at center-4:30 Pm

GAMES, MUSIC, HOT DOGS AND A SPECIAL VISITOR,

Entry Cost

Free



CERILLOS HILLS STATE PARK

MARCH 13TH
CHECK IN 8:30 AM
DEPART 8:45 AM
RETURN 3:00 PM

HIKING



LAS HUERTAS OPEN SPACE
MARCH 27TH
CHECK IN 8:30 AM
DEPART 8:45 AM
RETURN 3:00 PM



SIGN UP AT THE FRONT DESK!