

March

Los Volcanes
Senior Center Newsletter

505-767-5999

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

Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,

— Anna Sanchez, Director
Department of Senior Affairs

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



Director Anna M. Sanchez

Los Volcanes Senior Center Staff

Julio Santiesteban
Center Manager

Nastasia Lane
Program Coordinator

Ariana Lira
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Cil Baza
Program Assistant

Reina Goode
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Adrian Luna
Kitchen Aide

Frank Franco
Kitchen Aide





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

Birthday Celebration!



scan™

Thursday, March 12th
@ 1:00 pm



New Class Alert: Karaoke



Wednesdays: 9:30am-11:30am



Join us for Coffee with
Constituents on March 26th at
8:30am at Manzano Mesa
Multigenerational Center



March Advisory Council Meeting
at Palo Duro Senior Center
Monday, March 16th @ 12:00 pm



Sign up at front desk for computer help!

Thursday, Mar. 19 @ 2:00-4:00pm

GEHM CLINIC

Wednesday, March 25th, 2026
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, March 2, 2026
12 pm - 4 pm



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



Thursday,
March 26, 2026
10 am - 12 pm



Provides general legal information. Divorces,
wills, and criminal issues are not included.
Sign up at front desk.

Love Story Contest Winners

Our Journey of Life Begins

The spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell, New Mexico. My roommate asked if I could be part of a double date. That didn't excite me in the slightest. He would provide the car and tickets to the drive-in theatre. "No thanks", was my quick response. His response was, "How about I include the soda pop and popcorn?" With that promise we had a deal.

A few days later, my buddy and I drove to pick up our date's. When Joyce opened the screen door our eyes met and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date I met with her father who explained that if I had any funny ideas about his daughter, he had a pistol.

Our second date was a walk through downtown Roswell. As we were walking past Zales Jewelry Store. I said let's look in the window. She replied, "What for?", my reply was, "You're going to marry me, you might as well pick out the ring". That was early July and we were married on the 13th of November 1965.

Our travels have taken us from California to Turkey and many points in between. We've been blessed with two children Tom and Jennifer, 5 grandchildren and 4 great grandsons. On the 13th of November 2025, we celebrated 60 years together

Life is an amazing journey packed full of ups
and downs, mostly ups.

Enjoy the ride!



Jim & Joyce



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 5th, 2026

and March 19th, 2026

(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 **New Class!!!**
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 **New Class!**
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**)
Meditation Group: 1:30 pm - 3 pm **New Class!**
Sgraffito: 1 pm - 3 pm **New Class!**
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**

MARCH



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
Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	Green Chile Chicken 4oz Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz
9	10	11	12	13
Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz
16	17	18	19	20
Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Corned Beef & Cabbage 3oz Rosemary Potatoes 4oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz
23	24	25	26	27
Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	Mac & Cheese w/ Broccoli 3oz 1oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz
30	31	1	2	3
Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 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.

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 (1): **.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

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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, March 2nd @ 9 am
Must be in person with current membership

Free Ride to the Santa Fe National Cemetery

Sign up at front desk.

April 8, 2026
May 13, 2026
June 10, 2026



Santuario De Chimayo

Friday, March 20, 2026
Check-in: 8:30 am
Return: 4:00 pm (Approx.)
Lunch to follow at your own expense.
Sign up at front desk.



DSA Walking Group @ the ABQ Zoo

Tuesday, March 10th
Depart: 8:45 am
Return: 12:00 (Approx.)
Free event.



Tumbleweed Tunes
Presented By
Jim's Nite Train
Wednesday, March 18, 2026
2 pm - 4 pm

FREE!



Above & Beyond The Landscape- Military art of Wilson Hurley

Wednesday, March 25, 2026
Check-in: 9 am Return: 3 pm
Museum free. Lunch @ your own expense.
Explore the exhibits and artifacts of the NM Military Museum, featuring the artwork of Wilson Hurley.

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

March 5th
Chili Bean Express

March 12th
Antonio y Los Unicos

March 19th
Peter Vigil & The All-Star Band

March 26th
Latin Soul



Hiking



March 5, 2026- Three Gun Spring
March 19, 2026- Bernalillito Hoodoos
Sign up at front desk.

Mystery Lunch Trip with Angel

Tuesday, March 10th
Check in 11 am
Return 2 pm



Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST WEDNESDAY OF THE MONTH) MARCH 4TH
10AM UNTIL SUPPLIES LAST

PIE SOCIAL (2nd WEDNESDAY OF THE MONTH) MARCH 11TH
10AM UNTIL SUPPLIES LAST



\$5 Hair cuts
(tips appreciated)



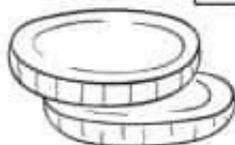
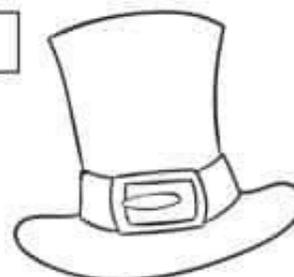
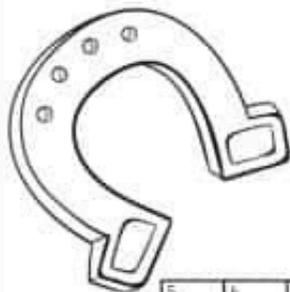
Monday, March 23rd
Sign in - 9:30am
Depart - 9:45am
Arrive back at center - 12:30 pm

Sign up at the front desk!



ST. PATRICK'S DAY

Crossword Puzzle



- | | |
|--|--------------------------------------|
| 1 The 3rd month of the year | 8 A sprite |
| 2 Good fortune | 9 The day St. Patrick's Day falls on |
| 3 Nonsense of misleading talk | 10 4 leaf _____ |
| 4 Capital of Ireland | 11 The national emblem of Ireland |
| 5 A type of Irish Dance | 12 Yellow and Blue make _____ |
| 6 Called the Emerald Isle | 13 From Ireland |
| 7 If you do not wear green on March 17
this will happen | |

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