



May



Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors

OLDER AMERICANS MONTH



**FLIP THE SCRIPT ON AGING
May 2025**

To “flip the script” on aging involves challenging ageism, fostering intergenerational connections, and supporting age-friendly policies.

We are turning 35, Celebrate with us!

Los Volcanes

35

PRIZES
FOOD

CORN-HOLE

LET'S CELEBRATE!

WEDNESDAY, MAY 14, 2025

1:30PM - 3:30 PM

FREE DANCE FEATURING ANTONIO Y LOS UNICOS

SPONSORED BY: **Oak St. Health**

ONE ALBUQUE senior affairs

Center Hours

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

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

CLOSURES

Los Volcanes will be Closed on Monday, May 26, 2025 in Observance of Memorial Day



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



Participant Code Of Conduct



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.



Sign up at front desk for computer help!

Thursday, May 29th, 3pm-5pm

Los Volcanes will be **closed** for Employee Training June 2nd-June 6th



This is a great opportunity to visit another center.



Humana

Birthday Celebration!
May 8th @ 1

Senior Citizens Law Office

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

Thursday, May 22, 2025

10 am - 12 pm

Sign up at front desk for one-on-one

Senior Citizens' Law Office

REVERSE MORTGAGES- Presentation

May 21st, 2025 at 1:30 PM

Please 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.

May 1st & May 15th 2025

(1st & 3rd Thursday mornings)

10 am - 12 pm

*appointment required

Sign up at the front desk*

GEHM CLINIC
Wednesday, May 21st, 2025
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, May 5, 2025
12 pm - 4 pm



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



DSA Advisory Council Meeting

May 19th @ Noon- CASA Kitchen
2540 Karsten Ct. SE, 87102



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

**ONE
ALBUQUE
RQUE**

MAY 2025

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.

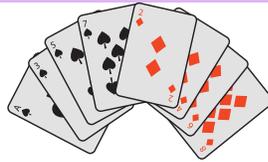


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	29 ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	30 ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	1 ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	2 ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz
5 ♦ Beef Tips 3oz Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz 	6 ♦ Beef Enchilada 2ea Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	7 ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	8 ♦ Cheese Omelet 1ea Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz 	9 ♦ Sweet & Sour 1oz Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz
12 ♦ Salisbury Steak 4oz Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz 	13 ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	14 ♦ Carne Adovada 3oz Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz 	15 ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	16 ♦ Asian Chicken 3oz Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz
19 ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz 	20 ♦ Baked Cod 3oz Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz 	21 ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	22 ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	23 ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz
CLOSED 26 	27 ♦ Chicken Tamales 2ea Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 	28 ♦ Carne Adovada 3oz Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz 	29 ♦ Rotini Pasta 4oz Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	30 ♦ Beef Tips 3oz Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Applesauce 4oz ♦ 1% Milk 8oz

Daily Classes and Activities

Monday

Woodcarving: 8:30 am- 10:30 am
Billiards 8 am - 4:45 pm
Ceramics: 9 am - 12:00 pm (Class is full waitlist available)
Beginning Guitar: 9 am - 10:00 am, 11:00 am- noon (Class full, Waitlist Available)
Open Computer Lab: 9 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Pickleball: 9:30 am - 11 am
Rummikub: 12 pm - 3 pm
Beginning Spanish: 1 pm-2:30 pm (\$20/class)
AARP Smart Drive Course: 12 pm - 4 pm (1st Monday)
Woodcarving (Power): 11am - 2:30 pm
Pickleball: 1:30 pm - 4 pm



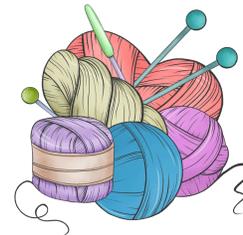
Tuesday

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
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
Fishing Club Meetings: 9 am - 10 am
Pickleball: 9:30 am - 11 am (5th Wed.)
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
Ceramics: 9 am - 12 pm (Class is full waitlist available)
Open Computer Lab: 9 am - 4:45 pm
Classical Guitar Group: 11 am - 1 pm
Flea Market Lottery: 10:15 am (Last Friday of month)
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.

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**

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¢**

Breakfast Specials

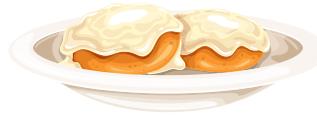
Mondays: English Muffin Sandwich: **\$1.00**

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 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!

MERMAIDS



Afternoon Matinee
May 21st @ 2:00 PM
Free popcorn!

Check in @ front desk

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

May 1st
Chile Bean Express

May 8th -Mother's Day Dance
Ladies get in Free
Desert Springs

May 15th
La Raza

May 22nd
De Luz

May 29th
Paul Pino & the Tone Daddies

Los Volcanes
Winning Moments
Senior Prom

MAY 29th, 2025
1:30 PM- 4:00 PM
 Featuring: Paul Pino & the Tone Daddies
 \$3 Entry Fee



Los Volcanes Sweet Shop

ICE CREAM SOCIAL
 (1ST WEDNESDAY OF THE MONTH)
MAY 7TH
 10 AM UNTIL SUPPLIES ARE GONE.

PIE SOCIAL
 (2ND WEDNESDAY OF THE MONTH) **MAY 14TH**
 10 AM UNTIL SUPPLIES LAST



Mañana de Oro is a FREE event!

May 8, 2025

Departure time: 9:30am

Free Ride!

Santa Fe National Cemetery



Sign Up at Front Desk

April 9, 2025 | May 14, 2025 | June 11, 2025

Mañana de Oro

May 8, 2025 - 10 am - Doors at 9 AM - Kimbo Theatre
 423 Central Ave. NW 87102

Experience New Mexico's unique, versatile & colorful history through pictures, music, dance, song & script.

MAÑANA DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND DIVERSE EVOLVING HISTORY COVERING FIVE ERAS.

ALSO ENJOY POST SHOW INTERACTION WITH OUR TALENTED PERFORMERS AS WELL AS AN EXCITING STUDENT PRODUCED MULTI-MEDIA EXHIBITION BY THE NEW MEXICO ACADEMY FOR THE MEDIA ARTS.

*Schools Must Provide Own Transportation
 Contact Chris Maloy, Kimbo 505-228-9857, for bus parking and student drop-off/pick up details.
 Show Information
 Frances Kujala
 505-836-7579
 fkujala3@msn.com



LET'S VISIT THE

ABQ ZOO

DISCOVER THE WILD SIDE OF LIFE AT OUR ZOO!

Monday, May 19, 2025

Check In: 9:00 AM

Return: 2:00 PM (Approx.)

Lunch to follow at Mac's La Sierra.

Bring Cash.

MUST HAVE CURRENT MEMBERSHIP

Admission: \$5.50 65+
 \$10 under 65
 \$3 w/ SNAP EBT



Mystery Lunch Trip with Angel

Monday, May 12th
Check in 11 am
Return 2 pm



Hiking

Thursday, May 1, 2025 - Armijo Canyon-Faulty-Sulphur Canyon Loop
 (Sign up on hiking website)

Thursday, May 15, 2025 - El Morro-El Calderon Cinder Cone
 (Sign up on Hiking website)



\$5 Hair cuts
 (tips appreciated)

DATE
May 21, 2025
Sign in - 9:30 am
Depart - 9:45 am
Arrive back at center -12 :30 pm

Sign up at the front desk!

