

May

We are thrilled to share that our new Multigenerational Center Cibola Loop is expected to open this summer. This impressive four-phase, 55,000-square-foot project has been thoughtfully designed to bring people of all ages together in a vibrant and welcoming space.

Positioned to complement the natural west-to-east slope of the land, the building takes full advantage of its surroundings. Visitors will enjoy stunning views of the Sandia and Manzano Mountains to the east. Stay tuned for grand opening details.

This Mother's Day, we honor the incredible mothers, grandmothers, and caregivers. Your love, strength, and kindness touch so many lives, we are truly grateful for all that you do—today and every day.

We celebrate not only mothers, but all those who help make this center feel like home. Thank you for being such an important part of our community.

Wishing everyone a joyful and love-filled Mother's Day, and a warm welcome to the month of May!

Julio Santiesteban, Center Manager

These facilities will be closed for Employee Training June 1 to June 5, 2026:



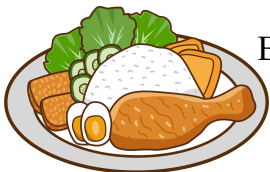
- Manzano Mesa Multigenerational Center
- North Domingo Baca Multigenerational Center
- Santa Barbara Martineztown Multigenerational Center

Los Volcanes Senior Center

- Los Volcanes Sports and Fitness Center
- Palo Duro Senior Center
- Palo Duro Sports and Fitness Center

Meal Services will be offered at these other locations:

- Barelas Senior Center, North Valley Senior Center,
- Highland Senior Center,
- Bear Canyon Senior Center



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

VACANT
Kitchen Aide

Frank Franco Kitchen Aide

CLOSURES

Los Volcanes will be Closed on Monday, May 25, in Observance of Memorial Day



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

Birthday Celebration!



scan™



Thursday, May 14th
@ 1:00 pm



Join us for Coffee
with Constituents on
May 28th at 8:30am-
9:30am at Palo Duro
Senior Center



The event will have exercise demonstrations, raffle prizes, vendors, giveaways and much more.

National Senior Health & Fitness Day Sponsored by Blue Cross Blue Shield

Wednesday May 27, 2026

North Domingo Baca Multigenerational Center
9:00am – 12:00pm



May Advisory Council Meeting at North Valley Senior Center Monday, May 18th @ 12:00 pm



Sign up at front desk for
computer and phone help!

Thursday, May 14th

@ 3:00–5:00pm



GEHM CLINIC

Wednesday, May 27th, 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, May 4, 2026
12 pm - 4 pm

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



AARP
Driver Safety



Thursday,
May 28, 2026
10 am- 12 pm



Provides general legal information. Divorces, wills, and criminal issues are not included.
Sign up at 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 7th, 2026

and May 21st, 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
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
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**)
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.



MAY 2026



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
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ 3oz Noodles 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweet Potato 4oz Honey Dew 1ea 1% Milk 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
4 Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	5 Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	6 Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	7 Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	8 Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
11 Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	12 Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	13 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	14 Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	15 Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
18 Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	19 BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	20 Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	21 Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	22 Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
CLOSED 25 	26 Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	27 Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	28 Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	29 Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 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

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

TRIP SIGN-UP BEGINS

Friday, May 1st @ 9 am

Must be in person with current membership

Coffee with a Cop



Tuesday, May 12th

10:00AM-11:00AM



Coronado State Monument & Picnic

Wednesday, May 27th

Check in:
10:15AM



Return:
2:30PM
(approx.)

Bring your **OWN** Lunch!!



FREE!

Nacho Ordinary Senior Celebration

JIM'S NITE TRAIN

Wednesday, May 20th 1:30 pm-3:30 pm

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

**May 7th - (Free for Women!)
RocknRamon**



**May 14th
Milagro**



**May 21st
Antonio Y Los Unicos**



**May 28th
Chile Bean Express**

Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST WEDNESDAY OF THE MONTH) MAY 6TH
10AM UNTIL SUPPLIES LAST

PIE SOCIAL (2ND WEDNESDAY OF THE MONTH) MAY 13TH
10AM UNTIL SUPPLIES LAST



TARDE DE ORO

Check In:
11:45AM



Return:
3:45PM
(approx.)

Thursday, May 7th



Hiking



May 14, 2026- Manzano Open Space
May 28, 2026- Turkey Run Loop
Sign up at front desk.



Monday, May 19, 2026
Sign in - 9:30am
Depart - 9:45am
Arrive back at center - 12:30pm

\$5 Hair cuts
(tips appreciated)

FULL

