



Highlighted Class of the month:
Ceramics

Our class works with molded clay objects. You will be taught the entire process from start to finish. New comers welcome! Join our Ceramics class on

Monday & Fridays from 9am - 12pm



NEW CLASS STARTING SOON:
ZHINENG QIGONG

Join our new Zhineng Qigon class beginning on **Monday, April 25 from 2pm - 4pm @ Los Volcanes!**

Zhineng Qigong is the world's most practiced medicine-less Qigong, It utilizes both the mind & body to bring in positive energy!. Dress comfortably

Center Hours

Mon, Tue, Wed, Fri: 8a-5p

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed

Special Events

Join us for a Spring Fling to bring in the spring season! We will have Chicken Taquitos, & Dessert!

There will be live music by Donna Christine! **Wednesday,**

April 20, 1:30 - 3:30 pm

Thank you to the following

Sponsor:



50+ Open Pickleball

Are you interested in playing Pickleball? Join us on

Thursday evenings from

4:45 pm - 6:45 pm

We can provide paddles & equipment!



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.

Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast and AARP, AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Free Computer Learning Classes



ONE ALBUQUE RQUE senior affairs
diverseIT

FREE COMPUTER LEARNING CLASSES

UNSUBSCRIBE ME: HOW TO CANCEL, PAUSE OR CHANGE ONLINE SUBSCRIPTIONS
April 6, 2022
9am-11am
Palo Duro Senior Center
Call 505-888-8102 to Register

FACT VS. FICTION: WHAT'S REAL ON THE INTERNET?
April 22, 2022
10am-12pm
Los Volcanes Senior Center
Call 505-767-5999 to Register

UNSUBSCRIBE ME: HOW TO CANCEL, PAUSE OR CHANGE ONLINE SUBSCRIPTIONS
April 29, 2022
10am-12pm
Los Volcanes Senior Center
Call 505-767-5999 to Register



Encuentro Presenta

Talleres interactivos en español presentados por educadores comunitarios de salud Mi Plato para la Diabetes martes, 26 de abril de 9:30 – 11:00 am Regístrese hoy en la recepción o llame al 761-4025.



AFTERNOON MOVIE MATINEE

Join us for our first Afternoon Movie Matinee!

FREE Popcorn!

We will be showing (Dirty Dancing) PG-13
Wednesday, April 27
2 pm - 4 pm



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.



A chance for older adults to explore today's technology

Prizes & Fun Refreshments Demonstrations Hands-on Learning

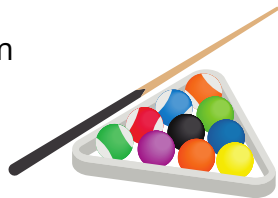
APRIL 1, 2022 8:30am - 12:30pm
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

ONE ALBUQUE RQUE senior affairs
diverseIT
AT&T
internet essentials

For more information call **(505)764-6475**

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
 Zhineng Qigong: 2 pm - 4 pm (Begins Apr. 25)



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: 12:00 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
 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
 Porcelain Dolls: 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
 Spite or Malice: 12:30 pm - 3:30pm
 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, April 7: Impression

Thursday, April 14: Tino's Band

Thursday, April 21: Milagro

Thursday, April 28: Chile Beans Express

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, April 27

8:30am - 12:00pm



Los Volcanes Flea Market

Fridays from 8am - 11am

Last Friday of the month is the lottery for a chance to get a table.

Friday, April 29 is the Lottery at 10:30am



Friendship Coffee

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

April 1: 8:30 - 9:45am

April 7: 12 - 1:45pm

April 8: 8:30 - 9:45am

April 14: 12 - 1:30pm

April 15: 8:30 - 9:45am

April 21: 12 - 1:45pm

April 22: 8:30 - 9:45am

April 28: 12 - 1:45pm

April 29: 8:30 - 9:45am

Thank you to the following Sponsors:



Dessert Social

Join us for monthly dessert socials with all the fixings!

Ice Cream Social

Wednesday, April 6

10:15 am - 11:15 am



Pie Social

Friday, April 15, 10:15 am - 11:15 am













Thank you to the following sponsor:



DSA Ageless Artisan Craft Fair

Join us on **Saturday, May 21 from 9 am - 1pm** at **North Domingo Baca Multi-Generational Center**. See all the amazing artwork that some of our classes from our centers!

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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Angel Hair Pasta w/ Diced Tomato ◆ Steamed Green Beans ◆ Jell-O ◆ 1% Milk 
4 <ul style="list-style-type: none"> ◆ Salisbury Steak w/Gravy ◆ Roasted Redskin Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk  	5 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Beets w/Onions ◆ Dinner Roll ◆ Fruit ◆ 1% Milk  	6 <ul style="list-style-type: none"> ◆ Turkey Chef Salad ◆ Orzo Pasta w/Red Peppers ◆ Croissant ◆ Pudding ◆ 1% Milk  	7 <ul style="list-style-type: none"> ◆ Frito Pie ◆ Vegetables ◆ Corn Chips ◆ Fruit ◆ 1% Milk  	8 <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Pasta w/Diced Tomatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 
11 <ul style="list-style-type: none"> ◆ Sloppy Joe ◆ Tater Tots ◆ Vegetables ◆ Yogurt ◆ 1% Milk  	12 <ul style="list-style-type: none"> ◆ Egg Salad Sandwich ◆ Mediterranean Mixed Bean Salad ◆ Fruit ◆ 1% Milk  	13 <ul style="list-style-type: none"> ◆ Chicken Fajitas ◆ Spanish Brown Rice ◆ Vegetables ◆ Fruit ◆ 1% Milk  	14 <ul style="list-style-type: none"> ◆ Chicken Tender w/ BBQ Sauce ◆ Steamed Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk  	15 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Orzo Pasta w/Black Olives ◆ Vegetables ◆ Chocolate Cake ◆ 1% Milk 
18 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Vegetables ◆ Pinto Beans ◆ Cookie ◆ 1% Milk  	19 <ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Sweet Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk  	20 <ul style="list-style-type: none"> ◆ Beef Patty w/Mushroom & Swiss ◆ Vegetables ◆ Hamburger Bun ◆ Fruit ◆ 1% Milk  	21 <ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sauce ◆ Vegetables ◆ Fruit ◆ 1% Milk  	22 <ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Fruit ◆ 1% Milk 
25 <ul style="list-style-type: none"> ◆ Bean & Rice Burrito topped w/Red Chile & Cheese ◆ Vegetables ◆ Cake ◆ 1% Milk  	26 <ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Vegetables ◆ Wheat Roll ◆ Fruit ◆ 1% Milk  	27 <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Southern Black Eyed Peas ◆ Brown Rice w/Red Peppers ◆ Fruit ◆ 1% Milk  	28 <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Green Beans ◆ Seasonal Vegetables ◆ Apple Sauce ◆ 1% Milk  	29 <ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Parsley Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.

BREAKFAST MONDAY - FRIDAY 8AM - 9AM

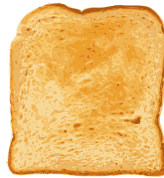
Full: 2 Eggs, toast or tortilla, potatoes,
& choice of bacon or sausage **\$1.50**

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**

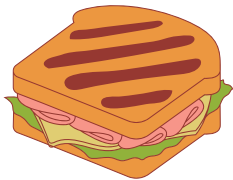
Thursdays: Biscuits & Gravy: **\$1.00**

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



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

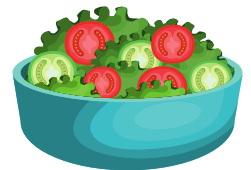
A La Carte Lunch Menu Available



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

