



Los Volcanes
Senior Center Newsletter
 505-767-5999
 6500 Los Volcanes Rd , NW 87121
cabq.gov/seniors

Los Volcanes Senior Center
VETERANS DAY
CELEBRATION

MONDAY,
 NOVEMBER 10TH
 10 AM- 11 AM



★★★★★
HONORING ALL WHO SERVED

JOIN US AS WE HONOR ALL WHO SERVED!
 Unveiling of new Veterans' Wall photos,
 refreshments, and a special gift for Veterans.

SPONSORED BY:



SENIOR OFFICES

ANNUAL HOLIDAY
DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE
 WITH SENIORS IN NEED THIS HOLIDAY SEASON.

DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE
 COORDINATION PROGRAM.

NEW ITEMS NEEDED:

- **SCARVES**
- **SOCKS**
- **HATS**
- **BLANKETS**
- **GLOVES**

BRING DONATIONS TO
 YOUR LOCAL SENIOR
 OR
 MULTIGENERATIONAL
 CENTER BEFORE
 NOVEMBER 30, 2025

SCAN QR CODE



FOR AMAZON REGISTRY

Thanksgiving
Day Luncheon



November 27, 2025
 11:00 am - 1:00 pm
 \$4 per ticket

Tickets go on sale Monday, November 3 at
 9:00 am. Tickets must be purchased before
 the event.

Barelas Senior Center
 714 7th Street SW, 87102



Ageless Artisan
Craft Fair

Saturday | **15** | November
 9 AM - 1 PM | 2025

Manzano Mesa
 Multigenerational Center
 501 Elizabeth St SE, 87123
 505-275-8731

Come shop and support our
 senior artists! Discover unique,
 one-of-a-kind items such as tin
 art, wood work, ceramics,
 photography, mixed media,
 jewelry, and much more!

Mon, Tues, Wed, Fri:
 8am - 5pm
Thurs: 8am - 7pm
Sat: 9am - 1pm **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

Veterans Day
Tuesday, Nov 11th
Thanksgiving
Thursday & Friday
Nov. 27th & 28th



Participant Code of Conduct

Jim's Nite Train

Wednesday, November 19th, 2025

2 pm-4 pm

Music, Dancing, Fun!! FREE!!



Senior Citizens Law Office

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

No dates for November or December 2025 because of the holidays.



Sign up at front desk for computer help!

Thursday, November 20th
3pm- 5pm

GEHM CLINIC

Wednesday, November 26th, 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, November 3, 2025
12 pm - 4 pm

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



AARP
Driver Safety



Congratulations to our
very own
Gwendolyn Van Damme
for taking 3rd in the
ABQ Bus Rodeo!

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:
8. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
 9. Using of racial slurs or abusive language.
 10. Using voice or behavior that will disturb other Center participants.
 11. 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.
 12. 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).
 13. Fighting with other participants or staff.
 14. Bringing bicycles into the facility.
 15. Smoking in City facilities or on City premises.
 16. Consuming or possessing alcoholic beverages in City facilities or on City premises.
 17. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
 18. Selling, soliciting, or panhandling in Centers.
 19. Eating in any pool room or computer lab.
 20. Removing food from the meal site area when participating in the congregate meal.
 21. Vandalizing or damaging Center facilities, equipment or materials.

Birthday Celebration!



Senior Health Resource Center

Thursday, November 13th
@ 1:00 pm



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

November 6th, 2025 & November 20th, 2025
(1st & 3rd Thursday mornings) ^h 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

Ceramics: 9 am - 12:00 pm (**Class is full waitlist available**)

Intermediate Guitar: 9 am - 10:00 am, 10:30 am- noon

Beginners Guitar (**Classes are 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



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



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 **NEW CLASS!**

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



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 full waitlist available**)

Open Computer Lab: 9 am - 4:45 pm

Classical Guitar Group: 11 am - 1 pm **ACCEPTING NEW STUDENTS!**

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



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

Writer's Workshop: 10 am- 11 am **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



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

**ONE
ALBUQUE
RQUE**

November

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
3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11 VETERANS DAY HONORING ★ ALL WHO ★ SERVED	12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean 4oz Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	

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**

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 Meat Lovers (bacon, sausage, ham), 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

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Thank you in advance for your cooperation.

Upcoming Events

TRIP SIGN-UP BEGINS
MONDAY, NOVEMBER 3RD @ 9 am

Trips!

Los Volcanes Senior Center

**Donate a new toy for
a child aged 3-5 years old.**

(For the boys and girls @ Los Volcanes Children's Center.)



PLEASE BRING **UNWRAPPED** TOY DONATION BY
FRIDAY, DECEMBER 12TH
TO LOS VOLCANES SENIOR CENTER



LOS VOLCANES SENIOR CENTER

SAN DIEGO FEAST DAY

Jemez Pueblo

November 12th, 2025

Check-in: 8:30 am

Departure: 8:45 am

Return: 2:45 pm (Approx.)



Los Volcanes Senior Center

New Mexico

Veteran's Memorial & Museum

Tuesday, November 18th, 2025

Check in: 9:00 am
Return: 12:45 pm (Approx.)

FREE!



Mystery Lunch Trip with Angel

Monday, November 10th

Check in 11 am
Return 2 pm



**\$5 Hair cuts
(tips appreciated)**

Friday, November 14th, 2025

Sign in - 9:30am

Depart - 9:45am

Arrive back at center - 12:30 pm

*Sign up at the
front desk!*

AVEDA INSTITUTES



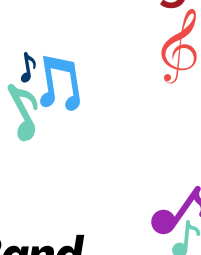
Hiking

November 13th, 2025- Lava Fall Loop- El
Mapais Narrows Short

November 27th, 2025- CLOSED- no hike
sign up at front desk

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

**November 6th
Milagro**



**November 13th
Rio Grande Express Band**

**November 20th
La Raza**

**November 27th No Dance
Happy Thanksgiving**



Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST
WEDNESDAY OF THE
MONTH) NOVEMBER 5TH
10 AM UNTIL SUPPLIES
LAST.

PIE SOCIAL (2nd WEDNESDAY
OF THE MONTH) NOVEMBER
12TH 10AM UNTIL SUPPLIES
LAST

