Los Volcanes Senior Center Newsletter

November

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

A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us. At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities. As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

Anna Sanchez
Director, Department of Senior Affairs

Palo Duro Senior Center is closed for renovations. In the meantime, visit Highland Senior Center @ 131 Monroe St. NE 87108, OR Barelas Senior Center @ 714 7th St. SW 87102

Mon, Tues, Wed, Fri
8 am - 5 pm
Thurs: 8 a.m. - 7 p.m.
Sat: 9 a.m.- 1 p.m. 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

Janel Powell
Kitchen Aide

Frank Franco Kitchen Aide

Closures

Wednesday, November 11th : Veterans Day

Thursday, November 26th
Friday, 27th: Thanksgiving

Ezekiel Luna, Glenn Karns, Dolores Angel, Alberto Dominguez volunteers of the year

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

Friendly reminder that we have a suggestion box for members to share suggestions, concerns and ideas for activities.

311 Community Outreach Table

***CANCELED** For the Month of November*

9:30 AM-12:30 PM

(Every 2nd Wednesday of the month.)

Birthday Celebration!

Oak St Health

Thursday, November 12th @ 1 pm

Thank you for bringing the fun!!

Karaoke Group!



November Advisory Council Meeting

At Conway Wood Northwest Multigen Center Monday, November 16th @12:00P.M.

Coffee with Constituents

Join us for Coffee with Constituents on
Thursday, November 12
8:30 am-9:30 am
Conway Wood Multigenerational Center

GEHM CLINIC

No GEHM Clinic scheduled for November or December due to the holidays.

Partnering with University of New Mexico Nursing for a health check-up! Track your weight, monitor blood pressure and assess glucose levels.

AARP Driver Safety Course

Monday, November 2nd
12pm -4pm
Cost: $20 for AARP members, $25 for non-members

AARP Driver Safety

Senior Citizens Law Office

No November session due to Thanksgiving.

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

Winner, Winner, Turkey For Your Dinner- BINGO

FREE

Join us directly after lunch on Tuesday, November 17th for a chance to win a turkey for your holiday meal!

2026 PROPERTY TAXES
Get Online Payment Help
Talk with Treasury staff

WHEN?

Nov. 12, 2026 | 8:30 A.M. - 11:00 A.M.
Dec. 1, 2026 | 8:30 A.M. - 11:00 A.M.

WHERE?

Los Volcanes Senior Center,
6500 Los Volcanes NW 87121

Pay First-Half or Full Year Property Taxes
www.bernco.gov/treasurer
Questions? Email Treasurers@bernco.gov

RSVP COP Volunteer Drivers
Mandatory Driver Safety Course
Please call 505-767-5225 to schedule a session
9:00 a.m.- 1:00 p.m.
October 29th, November 5th
or November 12th

TEENIORS

tech-savvy teens empowering seniors

THURSDAY, NOVEMBER 19TH
3:00 P.M.- 5:00 P.M.
SIGN UP AT FRONT DESK

Vet to Vet

A seasoned advocate is joining the effort to streamline veteran benefits and ensure eligible veterans receive the support they deserve.

(1st & 3rd Thursday)
November 5th & November 19th
*10 a.m. - 12 p.m. *appointment required Sign up at the front desk**

Daily Classes and Activities



Monday

Woodcarving: 8:30 a.m.- 10:30 a.m.
Billiards 8 a.m. - 4:45 p.m.
Intermediate Ceramics: 9 a.m. - 12:00 p.m. (Class is full waitlist available)
Intermediate Guitar: 9 a.m. - 10:00 a.m. (Class is full, Waitlist Available)
Beginners Guitar - 10:30 a.m.- noon (Class is full, waitlist available)
Open Computer Lab: 9 a.m. - 4:45 p.m.
Puzzle: 8 a.m. - 4:45 p.m.
Rummikub: 12 p.m. - 3 p.m.
AARP Smart Drive Course: 12 p.m. - 4 p.m. (1st Monday)
Woodcarving (Power): 11a.m. - 2:30 p.m.
Pickleball: 1:30 p.m. - 4 p.m.

Tuesday



Billiards: 8 a.m. - 4:45 p.m.
Puzzle: 8 a.m. - 4:45 p.m.
Painting: 9 a.m. - 12 p.m.
Open Computer Lab: 9 a.m. - 4:45 p.m.
Bible Study: 9:30 a.m. - 11 a.m.
Ukulele- Intermediate: 10 a.m.- 11 a.m.
Swedish Weaving: 12 p.m. - 2 p.m.
Euchre: 12:30 p.m. - 4:30 p.m.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Salsa Aerobics: 2:30 p.m. - 3:30 p.m.

Wednesday



Billiards: 8 a.m. - 4:45 p.m.
Puzzle: 8 a.m. - 4:45 p.m.
Open Computer Lab: 9 a.m. - 4:45 p.m.
Crochet: 9 a.m.- 12 p.m.
Pottery (Intermediate): 9 a.m. - 12 p.m. (Class is full, waitlist available)
Fishing Club Meetings: 9 a.m. - 10 a.m.
Karaoke 9:00 a.m.-11:30 a.m.
Poker: 12: 30 p.m.- 4:30 p.m.
Pinochle: 12:30 p.m. - 4:30 p.m.
Swedish Weaving: 1:00 p.m.- 3:00 p.m.
Tin Class: 1:30 p.m. - 4 p.m.

Thursday

Fishing Club Trip: Time is TBA
Billiards: 8 a.m. - 6:45 p.m.
Puzzle: 8:00 a.m. - 6:45 p.m.
Sketching: 9 a.m. - 11 a.m.
Porcelain Dolls: 9 a.m. - 11 a.m.
Open Computer Lab: 9 a.m. - 6:45 p.m.
Line Dancing (Beginning): 9:30 a.m.- 11 a.m.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Poker: 12 p.m. - 5:30 p.m.
Spite and Malice: 12:30 p.m. - 3:30 p.m.
Origami: 1:30 p.m. - 3:30 p.m.
Pottery: Open Studio: 1:30 p.m. - 4:30 p.m..
Afternoon Dance: 1:30 p.m. - 4:00 p.m.
Pickleball: 4:30 p.m. - 6:30 p.m.



Friday

Billiards: 8 a.m. - 4:45 p.m.
Puzzle: 8 a.m. - 4:45 p.m.
Flea Market: 8 a.m. - 11 a.m.
Mexican Train 9 a.m.-11:30 a.m.
Intermediate Ceramics: 9 a.m. - 12 p.m. (Class full waitlist available)
Open Computer Lab: 9 a.m. - 4:45 p.m.
Flea Market Lottery: 10:15 a.m. (3rd Friday for November)
Pinochle: 12 p.m.-4 p.m.
The Hooked Generation-Crochet: 1:30 p.m. - 3: 30 p.m.
Bingo: 2 p.m. - 4 p.m.



Saturday

Billiards: 9 a.m. - 12:45 p.m.
Puzzle: 9 a.m. - 12:45 p.m.
Open Computer Lab: 9 a.m. - 12:45 p.m.
Salsa Aerobics: 9:30 a.m. - 10:30 a.m.



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 p.m. the day prior.

ONE ALBUQUERQUE

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
2	**3**	**4**	**5**	**6**
Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9	**10**	**CLOSED 11**	**12**	**13**
Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz		Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz 8oz	Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16	**17**	**18**	**19**	**20**
Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23	**24**	**25**	**CLOSED 26**	**CLOSED 27**
Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz		
30	**1**	**2**	**3**	**4**
Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea Jell-O 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.

Los Volcanes Senior Center Menu ***Please no bills larger than $10.00***



BREAKFAST MONDAY - FRIDAY 8 AM.- 9 AM.



Weekly Breakfast

Full: 2 eggs, tortilla or toast, potatoes, & choice of 2 bacon or sausage, Butter/Jelly: **$4.00**

Mini: 1 egg, tortilla or toast, potatoes & choice of bacon or Sausage Butter/Jelly: **$3.00**

Burrito: Tortilla, egg, potato, cheese, choice of bacon or sausage & red or green chile: **$4.00**

English Muffin Sandwich: 1 egg, 1 bacon or sausage, cheese, Muffin: **$3.00**
No Egg Option: Bacon or sausage patty, cheese, muffin **$2.00**

Breakfast Taco: Eggs, potatoes, cheese,tortilla: **$2.00**

Oatmeal: Butter and sugar: **$1.00**

Chile is now available with every meal!!

Breakfast Specials

Huevos Rancheros: 2 eggs, beans, corn tortillas, cheese, choice of red or green chile **(Tuesdays and Fridays only): $5.00**

Beverages

Orange Juice, Milk, Hot Tea: $0.50
Coffee: (complimentary)



Please Notice: Breakfast is available to adults aged 50 and older. Limit 2 of the same item per person to ensure availability for all. Thank You.

Notice

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ONE ALBUQUERQUE

Upcoming Events

TRIP SIGN-UP BEGINS
Monday, November 2nd @ 9 a.m.
Must be in person with current membership

Movie Matinee

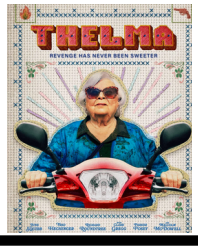
NOW SHOWING

WEDNESDAY, NOVEMBER 4TH

Come enjoy a FREE movie with popcorn

THELMA

Starts At 2:00 P.M.



Toy Drive Donation for our 3rd Annual Santa Claus Event with Los Volcanes Child Care

We are in need of new toys for children aged 3-5 years old. Donations will be accepted from now until December 18th. Thank you!

MEDICARE FAIR

EVENT SERIES | take care of your health

Manzano Mesa

Medicare Event:
Nov 6, 11 a.m. -1p.m.
Ship Counseling:
Nov 18, 11a.m.-1p.m.

Barelas

Medicare Event:
Nov 12, 11 a.m.-1p.m.
Ship Counseling:
Nov 19, 11a.m.-1p.m.

WHEELS MUSEUM & LUNCH

Tuesday, November 24th

Check in: 9:00 AM

Return: 2:00 PM (Approx.)

(PLEASE BRING CASH FOR LUNCH!!)

Admission: $5



Thursday Afternoon Dance $3 with Current Membership

Thursdays 1:30 p.m. - 4 p.m.

November 5th
La Raza

November 12th
Paul Pino & the Tone Daddies

November 19th
Rio Grande Express

November 26th- CLOSED in observance of Thanksgiving

Honoring Our Heroes: A Veterans Day Celebration



Tuesday, November 10th

10:00 AM- 11:00 AM

LIVE ENTERTAINMENT, REFRESHMENTS, COMRADESHIP

Hiking

November 12, 2026-
Pine Flat- Deadman- Southern Crossing
November 26-Hike Cancelled
***Sign up at front desk.**

Mystery Lunch Trip with Angel

Tuesday, November 10th
Check in 11 a.m.
Return 2 p.m.



Los Volcanes Sweet Shop



ICE CREAM SOCIAL (1ST WEDNESDAY OF THE MONTH) November 4th

PIE SOCIAL (2nd WEDNESDAY OF THE MONTH)
CANCELED- CLOSED

AVEDA INSTITUTES

$5 haircuts *(tips appreciated)*

Monday, November 16th
Sign in - 9:30 a.m. *Sign up at the front desk!*
Depart -9:45 a.m.
Arrive back at center -12:30 p.m.



Ageless Artisan Craft Fair



SATURDAY, NOVEMBER 14

9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH SE
(505) 275-8731

- Tin Art
- Jewelery
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!

Support Our Senior Artisans!

United Healthcare

cabq.gov/seniors

ONE ALBUQUERQUE senior affairs

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE, 87123

505-275-8731



FREE

MOBILE *food pantry*

Mobile food pantry for the community supplied by Roadrunner Food Bank.

September 18, 2026 2:00PM– 4:30 PM

October 16, 2026 2:00PM– 4:30 PM

November 20, 2026 2:00PM– 4:30 PM

December 18, 2026 2:00PM– 4:30 PM

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ROADRUNNER FOOD BANK OF NEW MEXICO