



**NEW PROGRAM:
MONTHLY KARAOKE
WEDNESDAY, OCTOBER 5,
1:30 - 4:00PM**

Join us the **1st Wednesday of every month** for Karaoke!
Show off your singing skills to your favorite songs! Everyone is
welcome!

***HALLOWEEN GHOULS AND GALS
SPECIAL EVENT***

Join us for a spooktacular time with music and treats,
costumes are optional!

Event is free

live music by Donna Christine

Wednesday, Oct. 26

1:30 pm - 3:30 pm

Sponsored by:



Closed

Los Volcanes will be

CLOSED Monday, October 10 in honor of Indigenous People's Day.

We will re-open Tuesday, October 11.

**Indigenous People's Day recognizes the
Indigenous communities that have lived in the
United States for thousands of years.**



Center Hours

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

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed

Los Volcanes Senior Center Staff

America Bencomo, Center Manager

Micheal Duran, Program Coordinator

Rath Chaleunphonh, Office Assistant

Nastasia Lane, Program Assistant

Reina Goode, Program Assistant

Anthony Casuas, General Services

Francisco Ramirez, Cook

Adrian Luna, Kitchen Aid

VETERANS DAY APPRECIATION EVENT

Join us as we honor the brave men
and women who served our country!

If you're a Veteran, sign up for this
event @ the front desk!

Wed. November 9

9:30 a.m. - 10:45 a.m.



Accredited by 
National Institute of
Senior Centers



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.



Are you an artist or crafter interested in leveling up sales and enhancing your vendor booth?

- ✔ Grab Shoppers Attention
- ✔ Best Way to Feature Artwork & Crafts
- ✔ Create Stellar Displays

Senior Affairs is offering two FREE training opportunities that can help artisans and crafters level up sales and enhance shopping experiences.

Two FREE Training Sessions Available:

North Domingo Baca Multigenerational Center
7521 Carmel NE 87113

October 5, 2022 | 9am
Pre-Registration Required
Call 505-764-6475

Los Volcanes Senior Center
6500 Los Volcanes NW
87121

October 5, 2022 | 1:30pm
Pre-Registration Required
Call 505-767-5999



Ageless Artisan Fair-Winter Edition

Just in time for holiday shopping!

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM - 1PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH SE 87123



Want to sell your works at the fair? Artisan and Crafter applications available at front desk. Application submission deadline is October 17, 2022.

Senior Center Members NM State Fair Awards

Los Volcanes would like to say a **BIG CONGRATULATIONS** to many of our members who had art work in the NM State Fair and won many amazing awards! If you see these members please, do not hesitate to congratulate them!



Ann Marie King(Ceramics): 2 1st Place ribbons + a 2nd Place



Corrine Vigil (Porcelain Dolls): 2 1st Place ribbons



Nancy Baldwin (Pottery): Best of Show + 1st Place



Dolores Ponce (Porcelain Dolls): 2nd Place Ribbon



Gloria Goldtooth (Porcelain Dolls): 3 1st place Blue Ribbons

Not Pictured :

Annette Rowan (Ceramics):

Larry Colon (Birds/Walking Stick) and John Boedeker (Birds) (PowerWoodcarving):

1st Place Awards



Linda Hettich(Porcelain Dolls): Best of Show + 1st Place



AARP Defensive Driving

AARP Defensive Driving Returns!

Monday, Nov. 7 (Waitlist), Dec. 5

12 pm - 4 pm

Call 505-767-5999 to Register

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



Los Volcanes Fishing Club

Catch of the month: 18.5 Inch Trout

By: Michael

Interested in learning about fishing?

Join the LVSC fishing club!

**Meetings are held Wednesdays
starting at 9 a.m.** Fishing trips take
place the follow day (Thursday)

Blue Cross Blue Shield of New Mexico Care Van Events

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10-11am at senior and multigenerational centers. Transportation will be provided. Visit with front desk staff for more information or to sign up and reserve your space today.

Event Dates:

Highland Senior Center | Oct 7

Manzano Mesa Multigenerational Center | Oct 20

Los Volcanes Senior Center | Oct 28



**BlueCross BlueShield
of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

THANKSGIVING LUNCHEON

The Annual Thanksgiving Holiday Lunch will be hosted by Palo Duro Senior Center, reservations will open this month on **October 24th.**

Thanksgiving Lunch **Tickets are \$4.00, please contact Palo Duro Senior Center at 505-888-8102 for payment and reservation information**



Senior Affairs Annual Pool Tournament @ Los Volcanes

November 16, 2022, starting at 9:15 a.m.

Sign ups begin Monday, October 17 to Wednesday, November 9

Everyone is welcome to join and show off their pool skills at all levels!

BIRTHDAY PARTY CELEBRATION!

Come Celebrate your birthday with us!

Friday, October 7

10am - 11am

Sponsored By:



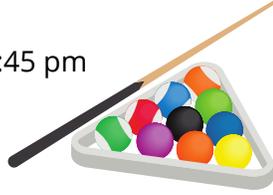
**OAK
STREET
HEALTH**



Daily Classes and Activities

Monday

Woodworking: 8:30 am - 10:30 am
Billiards 8 am - 4:45 pm
Garden Viewing/Discussion 8 am - 4:45 pm
Ceramics: 9 am - 12 pm
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
AARP Smart Drive Course: 12 pm - 4 pm (1st Monday)
Woodcarving (Power): 1:30 pm - 3:30 pm
Pickleball: 1:30 pm - 4 pm



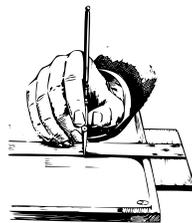
Tuesday

Billiards: 8 am - 4:45 pm
Garden Viewing/Discussion 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: 12:00 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 - 3:30 pm



Wednesday

Billiards 8 am - 4:45 pm
Garden Viewing/Discussion 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: 9 am - 12 pm
Fishing Club Meetings: 9 am - 10 am
Morning Movie Matinee: 9 am - 11:15 am **(Next Showing Nov.9)**
Pickleball: 9:30 am - 11 am (5th Wednesday)
Ice Cream Social: 10:15 am - 11:15 am (1st Wed)
Poker: 12:30 pm - 4:30 pm
Pinochle: 12:30 pm - 4 pm
Tin Class: 1:30 pm - 4 pm
Karaoke: 1:30 pm - 4:00 (Begins Sept. 7)
Afternoon Movie Matinee (Last Wed.): 2 pm - 4 pm
DoTERRA Essential Oils (2nd Wed.): 2 pm - 3:30 pm



Thursday

Fishing Club Trip: Time is TBA
Billiards 8 am - 6:45 pm
Puzzle: 8 am - 6:45 pm
Garden Viewing/Discussion 8 am - 6:45 pm
Sketching: 9 am - 11 am
Porcelain Dolls: 9 am - 11 am
Open Computer Lab: 9 am - 6:45 pm
Mah Jongg: 12:30 pm - 4:30 pm
Poker 12 noon - 5:30 pm
Spite and Malice: 12:30 pm - 3:30 pm
Origami: 1:30 pm - 3:30 pm
Open Pottery 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
Garden Viewing/Discussion 8 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Flea Market: 8 am - 11 am
Ceramics: 9 am - 12 pm
Open Computer Lab: 9 am - 4:45 pm
Birthday Party Celebration: 10 am - 11 am (1st Friday)
Beginning Classical Guitar Group: 10 am - 12 pm
Pie Social: 10:15 am - 11:15 am (3rd Friday)
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
Garden Viewing/Discussion 8 am - 12:45 pm
Salsa Aerobics: 9:30 am - 10:30 am
Zhineng Qigong: 9:30 am - 11 am **(New time/day beginning Aug. 27)**



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 4:00pm

\$3 with current membership!



Thursday, October 6; Paul Pino

Thursday, October 13: La Raza

Thursday, October 20: Tino's Band

Thursday, October 27: Milagro

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, October 25 +26

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, Oct. 28 is the Lottery at 10:15 am



Waitlist Available on open tables, first come first serve

Dessert Social

Join us for monthly dessert socials with all the fixings!



Ice Cream Social

Wednesday, October 5

10:15 am - 11:15 am



Pie Social

Friday, October 21, 10:15 am - 11:15 am

Thank you to the following sponsor:



Movie Matinees

Join us for movies and Popcorn at no charge!

Afternoon Movie:

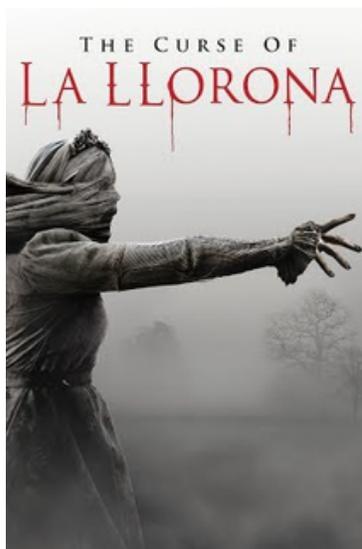
Wed. Oct. 19, starts

@ 2 p.m.

Movie is Rated R

We will be showing

La Llorona



Vaccine Clinic

Covid Vaccine & Covid Booster, No appointment necessary

Wednesday, October 19

9 am - 12 pm

Sponsored By Best Buy Drugs



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.

ONE ALBUQUERQUE

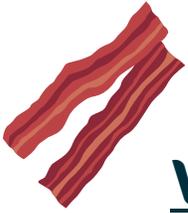
OCTOBER 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
3 <ul style="list-style-type: none"> • Carne Adovada • Spanish Rice • Pinto Beans • Roasted Corn • Pineapple • Flour Tortilla • 1% Milk 	4 <ul style="list-style-type: none"> • Beef Stroganoff • Broccoli & Red Peppers • Seasonal Vegetables • Bread Stick • Apricots • 1% Milk 	5 <ul style="list-style-type: none"> • Omeletw/ Fajita Blend • Buttered Spinach • Tater Tots • Rice Pudding • 1% Milk 	6 <ul style="list-style-type: none"> • Meatloafw/ Gravy • Mashed Potatoes • Brussel Sprouts • Dinner Roll • Seasonal Fruit • 1% Milk 	7 <ul style="list-style-type: none"> • Lemon Pepper Tilapia • Rice Pilaf • Zucchini & Red Peppers • Seasonal Vegetables • Grapes • 1% Milk 
10 CLOSED FOR INDIGENOUS PEOPLES DAY	11 <ul style="list-style-type: none"> • Sweet and Sour Pork • Brown Rice • Vegetable Blend • Orange • 1% Milk 	12 <ul style="list-style-type: none"> • Frito Pie • Pinto Beans • Spinach • Applesauce • 1% Milk 	13 <ul style="list-style-type: none"> • Breaded Catfish • Crinkle Cut Fries • Diced Tomato • Collard Green • Cherry Cobbler • 1% Milk 	14 <ul style="list-style-type: none"> • Baked Chicken • Macaroni and Cheese • Green Beans • Seasonal Vegetables • Cantaloupe • 1% Milk 
17 <ul style="list-style-type: none"> • Bratwurstw/ Onion & Peppers • Diced Potatoes • Stewed Tomatoes • Diced Peas • Hoagie Bun • 1% Milk 	18 <ul style="list-style-type: none"> • Sliced Turkeyw/ Gravy • Sweet Potatoes • Beets • Dinner Roll • Banana • 1% Milk 	19 <ul style="list-style-type: none"> • Eggplant Parmesan • Pasta w/ Marinara • Carrots • Broccoli • Greek Yogurt w/ Peaches • 1% Milk 	20 <ul style="list-style-type: none"> • Garlic Butter Tilapia • Brown Rice • Green Peas • Cauliflower • Seasonal Fruit • 1% Milk 	21 <ul style="list-style-type: none"> • Green Chile Beef Stew • Pinto Beans • Calabacitas • Cinnamon Apples • Flour Tortilla • 1% Milk 
24 <ul style="list-style-type: none"> • Pasta Primavera • Green Beans • Garlic Bread • Yogurt • 1% Milk 	25 <ul style="list-style-type: none"> • BBQ Baked Chicken • Collard Greens • Seasonal Vegetables • Croissant • Cranberry Sauce • Mandarin Oranges • 1% Milk 	26 <ul style="list-style-type: none"> • Salisbury Steakw/ Gravy • Brown Rice • Cauliflower • Green Peas • Strawberries • 1% Milk 	27 <ul style="list-style-type: none"> • Garlic Butter Salmon • Orzo Pasta • Carrots w/ Parsley • Broccoli & Cauliflower • Grapes • 1% Milk 	28 <ul style="list-style-type: none"> • Beef Tips w/ Gravy • Pasta • Corn w/ Red Peppers • Brussel Sprouts • Tapioca Pudding • 1% Milk 
31 <ul style="list-style-type: none"> • Red Swamp Water (Posole) • Witches Potion • Mystery Mix • Bat Wings • Ghostly Pumpkin • 1% Milk 	Nov. 1 <ul style="list-style-type: none"> • Cheese Burger • Tater Tots • Diced Tomatoes • Peppers & Onions • Banana • Hamburger Bun • 1% Milk 	Nov. 2 <ul style="list-style-type: none"> • Baked Chicken • Ancient Grains • Broccoli • 5Way Vegetables • Diced Peas • 1% Milk 	Nov. 3 <ul style="list-style-type: none"> • Sliced Ham • Macaroni & Cheese • Sliced Zucchini • Carrots • Pineapple • 1% Milk 	Nov. 4 <ul style="list-style-type: none"> • Catfish • Sweet Potatoes • Pinto Beans • Collard Greens • Grapes • 1% Milk 

BREAKFAST MONDAY - FRIDAY 8AM - 9AM



WEEKLY BREAKFAST

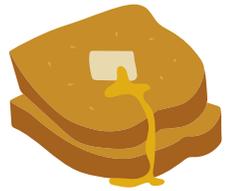
Full: 2 Eggs, toast or tortilla, potatoes, & choice of bacon or sausage **\$1.50**

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 Items

Pancake (1): **.25¢**

French Toast (1): **.25¢**

Waffle: **\$1.00**,
w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.75¢**

Bacon/Sausage: **.50¢**

Eggs: **.25¢**

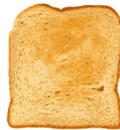
Hash Browns: **.30¢**

Toast/Tortilla: **.20¢**

Side of Red/Green: **.25¢**

Milk or Juice: **.25¢**

Large Juice: **.50¢**



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**

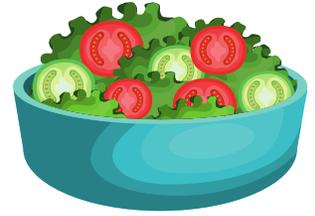
A LA CARTE LUNCH MENU



Hot or Cold Sandwich: \$1.50

Hot: ABQ Turkey

Cold: Ham and Cheese

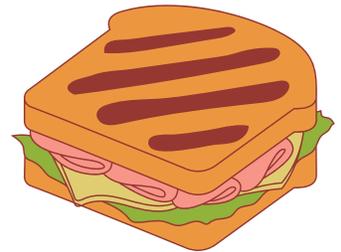
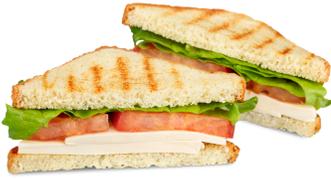


Small Salad: \$1.00

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 or discussion.