



OCTOBER

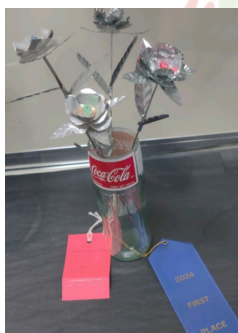
6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors

Los Volcanes State Fair Winners

Leroy Lovato



1st Place Spanish Dancer
1st Place Metal Flowers
Best of Show- Bird Cage

Peg Christensen



1st Place Bird
2nd Place Cat
1st Place Micaceous Pot

Annette Rowan



Best in Show Sun & Moon
1st place Oso Bear
2nd Place Bird

Linda Hettich



1st. Place & Best Of Show
"Indian Girl with Lamb"

Corinne Vigil



1st. Place & Best of Show
"Indian Twins"

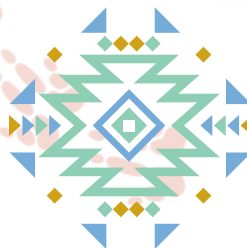
Gloria Goldtooth



1st. place
"Indian Girl"



Los Volcanes will be
closed on
Monday, October 14th for
Indigenous Peoples Day



Center Hours

Mon, Tue, Wed, Fri: 8:00am-5:00 pm

Thur: 8:00 a.m. - 7:00 p.m.

Sat: 9:00 a.m.- 1:00 p.m.

Sun: Closed



Director

Anna M. Sanchez

Los Volcanes Senior Center Staff

Julio Santiesteban
Center Manager

Nastasia Lane
Program Coordinator

Vacant
Office Assistant

Vacant
Program Assistant

Reina Goode
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

Participant Code Of Conduct

Participants shall:

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:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. 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.
5. 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).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

GEHM CLINIC AND DENTAL

Wednesday, October 23rd

8:30 a.m. - 12:00 p.m.

Partnering with the University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, and assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!



Smartphone Assistance



Need assistance with your smartphone?

Stop by and receive this help.

Thursday mornings from 8:00 a.m. - 10:00 a.m.

sign up at the front desk

AARP Driver Safety Course

Monday, October 7, 2024

12:00 p.m. - 4:00 p.m.



Driver Safety



Call 505-767-5999 to register
cost: \$20 for AARP members,
\$25 for non-members.

Next class Monday November 4th

Humana Birthday Celebration
Thursday, October 10th at 1:00 pm



Line Dancing (Beginning)

Thursdays from 9:30 a.m. - 11:00 a.m.

Join our revamped beginning line dancing class open for anybody who loves to line dance or wants to learn line dancing!



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.



Thursday, October 17, 2024

3rd Thursday mornings from 10:00 a.m. - 12:00 a.m.

***appointment required**

Sign up at the front desk*

Senior Citizens Law Office

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



Thursday, October 24, 2024

10:00 a.m. - 12:00 p.m.

Sign up at front desk

Presentation: Medicaid for long term care
Monday, October 21 @10am

LOS VOLCANES SENIOR CENTER PRESENTS:
Come and sing your heart out at our Karaoke

Wednesday!

Karaoke Dreamin will have your favorite tunes from old, new, to everything in between.

Wednesday, October 9th

Time 10:00 am-11:30 am



Daily Classes and Activities

Monday

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

Tuesday

Billiards: 8:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Painting: 9:00 a.m. - 11:00 a.m.
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Guitar Class lessons \$10/class: 9:00 am - 10:30 am
Bible Study: 9:30 a.m. - 11:00 a.m.
Swedish Weaving: 12:00 p.m. - 2:00 p.m. **(Class full, Waitlist Available)**
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: 8:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Open Computer Lab: 9:00 a.m. - 4:45 p.m.
Crochet: 9:00 a.m. - 12:00 p.m.
Pottery(Intermediate): 9:00 a.m. - 12:00 p.m. **(Class Full, Waitlist Available)**
Fishing Club Meetings: 9:00 a.m. - 10:00 a.m. **(Class Full, Waitlist Available)**
Pickleball: 9:30 a.m. - 11:00 a.m. (5th Wed.)
Poker: 12:30 p.m. - 4:30 p.m.
Pinochle: 12:30 p.m. - 4:30 p.m.
Tin Class: 1:30 p.m. - 4:00 p.m.
Intermediate Guitar: 1:30 p.m. - 3:00 p.m. **(Class full, Waitlist Available)**



Thursday

Fishing Club Trip: Time is TBA
Billiards: 8:00 a.m. - 6:45 p.m.
Puzzle: 8:00 a.m. - 6:45 p.m.
Sketching: 9:00 a.m. - 11:00 a.m.
Porcelain Dolls: 9:00 a.m. - 11:00 a.m.
Open Computer Lab: 9:00 a.m. - 6:45 p.m.
Smartphone Assistance: 9:00 a.m. - 11:00 a.m. (Sign up at front desk)
Line Dancing (Beginning): 9:30 a.m. - 11:00 a.m.
Mah Jongg: 12:30 p.m. - 4:30 p.m.
Poker: 12:00 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. - 4:15 p.m.
Pickleball: 4:30 p.m. - 6:30 p.m.

Friday

Billiards: 8:00 a.m. - 4:45 p.m.
Puzzle: 8:00 a.m. - 4:45 p.m.
Flea Market: 8:00 a.m. - 11:00 a.m.
Ceramics: 9:00 a.m. - 12:00 p.m.
Open Computer Lab: 9:00 a.m. - 4:45 p.m.)
Classical Guitar Group: 10:00 a.m. - 12:00 p.m.
Flea Market Lottery: 10:15 a.m. **(Last Friday of month)**
The Hooked Generation-Crochet: 1:30 p.m. - 3:30 p.m.
Bingo: 2:00 p.m. - 4:00 p.m.

Saturday

Billiards: 9:00 a.m. - 12:45 p.m.
Puzzle: 9:00 a.m. - 12:45 p.m.
Open Computer Lab: 9:00 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 a.m. - 1:00 p.m. Monday - Friday.
Please call 767-5999 to make your reservation by 1:00pm the day prior.

**ONE
ALBUQUE
ROQUE**

OCTOBER 2024

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
30	1	2	3	4
<ul style="list-style-type: none"> ♦ Chicken Fajitas w/ Salsa ♦ Flour Tortilla ♦ Ranch Beans ♦ Hot Sliced Apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef Stroganoff & Elbow Pasta ♦ Cauliflower w/ Red Peppers ♦ Bread Stick ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham Omelet w/ Fajita Blend ♦ Stewed Tomatoes ♦ Tater Tots ♦ Orange ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ♦ Corn ♦ Malibu Blend ♦ Mixed Fruit Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lemon Pepper Tilapia ♦ Rice Pilaf ♦ Calabacitas ♦ Chocolate Chip Cookie ♦ 1% milk 
7	8	9	10	11
<ul style="list-style-type: none"> ♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ♦ Corn Bread ♦ Blueberry Crisp ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Teriyaki Pork w/ Brown Rice ♦ Stir Fry Blend Vegetables ♦ Pineapple Upside Down Cake ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6Onions ♦ Fritos ♦ Normandy Blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Linguini w/ Diced Tomato Sauce ♦ Diced Potatoes ♦ Steamed Broccoli ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken & Rice Soup ♦ Spinach ♦ Crackers ♦ Cherry Cobbler ♦ 1% milk 
14	15	16	National Pasta Day 17	18
INDIGENOUS PEOPLES' DAY 	<ul style="list-style-type: none"> ♦ Open Faced Turkey Sandwich w/ Gravy ♦ Yams ♦ Green Beans ♦ Wheat Bread ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salisbury Steak w/ Gravy ♦ Brown Rice ♦ Peas ♦ Jell-O ♦ Diner Roll w/ Margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti Marinara w/ Squash ♦ Breadstick ♦ Malibu Blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans ♦ Flour Tortilla ♦ Pinto Beans ♦ Sliced Cinnamon Apples ♦ 1% milk 
21	22	23	24	25
<ul style="list-style-type: none"> ♦ Beef Tips over Pasta w/ Gravy Rotini Noodles ♦ Brussel Sprouts ♦ Peach Cobbler ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken Pot Pie 5 Way Pie w/ Biscuit ♦ Diced Beets ♦ Ancient Grain ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/ Garlic Butter ♦ Rice Pilaf ♦ Cauliflower ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon ♦ Corn ♦ Baked Beans ♦ Apple Slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Ham Mac & Cheese ♦ Cornbread ♦ Normandy Blend ♦ Pineapple ♦ 1% milk 
28	29	30	31	1
<ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded Chicken Patty w/ Green Chile & White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Apple Slices w/ Peanut Butter Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 1% milk 

BREAKFAST MONDAY - FRIDAY 8:00 A.M. - 9:00 A.M.

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¢**



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.

2024 Ageless Artisan Craft Fair

November 16th 9am-1pm

Manzano Mesa

Vendors must fill out a lottery application by October 18th
see front desk for more information

Thursday Afternoon Dances

Thursdays 1:30 p.m. to 4:00
\$3 with current membership!

Thursday, October 3rd
Chile Bean Express



Thursday, October 10th
Desert Springs



Thursday, October 17th
RocknRamon



Thursday, October 24th
De Luz

Thursday, October 31st
Paul Pino & the Tone Daddies
(Free admission if in full costume)



Ice Cream Social (first Wednesday of the month)
Oct 2nd @ 10am until supplies last



PIE SOCIAL (SECOND WEDNESDAY OF THE MONTH)
OCTOBER 9TH 10 AM UNTIL SUPPLIES LAST



McCall's Pumpkin Patch

Saturday, October 26th

Entry Fee \$24.99+ tax

Check in - 9am

Return - 3pm

Join us for some Fall FUN!



HAIRCUT AT

A Aveda Institutes

DATE **Sign up at the front desk!**

Wednesday, October 23rd

Sign in-9:00 Am

Depart-9:20 Am

Arrive back at center-2:00 pm

Entry

Cost

\$5



Mystery Lunch Trip with Angel,

Tuesday, October 8th

Depart 11:15 am

Return 2:00 pm

Lunch at your own expense



LAS CONCHAS SHORT, JEMEZ

OCTOBER 9TH

CHECK IN 8:00 AM

DEPART 8:15 AM



SIGN UP AT THE FRONT DESK!

SEVEN SPRINGS, JEMEZ

OCTOBER 23RD

CHECK IN 8:00 AM

DEPART 8:15 AM



Happy Halloween

