

October

STATE FAIR WINNERS



**Dorothy
Martinez**



**Norma
Alfaro**



**Corrine
Vigil**



Shelly Ullibari



**Ray
Upson**



**Bob
Martinez**



Center Hours

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

Reima Goode
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid



Los Volcanes Senior
Center will be
CLOSED for
Indigenous Peoples'
Day, Monday,
October 13th

TUESDAY, OCTOBER 7th

11:00 AM-1:00 PM



VETERANS WALL OF HONOR PHOTOSHOOT



YOUR PHOTOGRAPH WILL BE PROUDLY DISPLAYED AT THE CENTERS YOU VISIT.
THANK YOU FOR YOUR SERVICE TO OUR NATION.

PLEASE SIGN UP AT THE FRONT DESK



Participant Code Of Conduct

AARP Driver Safety Course

Monday, October 6th

12 pm - 4 pm

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



Presentation Intro: Desktop Hydroponic Research Project

This project will introduce desktop hydroponic gardens — simple, soil-free systems that allow participants to grow vegetables like lettuce, spinach, and bok choy indoors with minimal effort.



October 14, 9:00 am

***Sign up at the front desk ***



Join Los Volcanes in wearing **pink** on Oct. 15th in support and solidarity for breast cancer survivors and awareness.



One on one computer and smart phone assistance. Please sign-up at front desk.

October 16, 2025
3:00 pm - 5:00 pm



Senior Citizens Law Office

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

Thursday, October 23rd, 2025

10 am - 12 pm

Sign up at front desk for one-on-one



GEHM CLINIC

Tuesday & Wednesday
October 28th & 29th 2025
8:30am-12pm



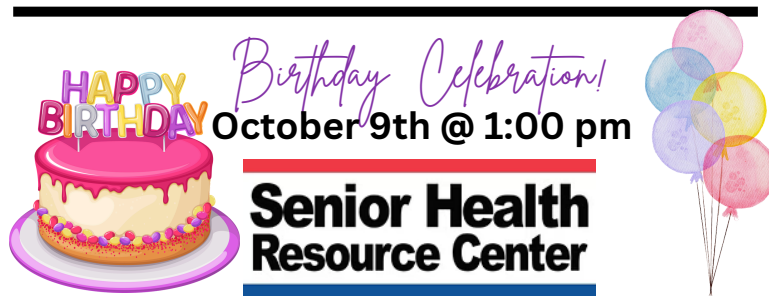
Partnering with University of New Mexico Nursing and Dental Students for a health check-up! Track your weight, monitor blood pressure, assess glucose levels and check out your oral hygiene. Prioritize your well-being with us!



Casa Flamenca

Free Performance
@ Los Volcanes!
Wednesday, October 8th
@ 10 am
Come enjoy!

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.



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.

October 2nd & October 16th
(1st & 3rd Thursday mornings)

10 am - 12 pm

***appointment required**
Sign up at the front desk*





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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 29 Chicken Fajitas w/ 4oz Salsa 2oz Ranch Beans 4oz Flour Tortilla 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 30 Beef Stroganoff w/ 3oz Elbow Pasta 3oz Cauliflower w/ 4oz Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ 4oz Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ 3oz Brown Rice 2oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz <i>PEAS</i> 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ 4oz Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ 3oz Garlic Butter 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham 4oz Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White 4oz Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ 3oz Fajita Blend 2oz Stewed Tomato 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz  	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz 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.

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,
Beginners Guitar - 10:30 am- noon (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 is full waitlist available)
Open Computer Lab: 9 am - 4:45 pm
Classical Guitar Group: 10 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 (Cancelled Oct 24 & Oct 31)

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.

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

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.

Upcoming Events

Sign-up for trips begins Wednesday,
October 1st at 9 am

LOS VOLCANES SENIOR CENTER



\$3 BEYOND THE GRAVE RAVE \$3

**THURSDAY, OCT 30, 2025
1:30 PM – 4:00 PM**

FEATURING PERFORMANCE BY: LOS HERMANOS

LIVE MUSIC & COSTUME CONTEST!



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

**Sign up at the
front desk!**



AVEDA INSTITUTES

DATE

October 20, 2025

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center -12 :30 pm



Join Us!

**Anderson Abruzzo Albuquerque
International Balloon Museum**

Wednesday, October 15th

Check-in: 9:00 AM Return: 2:00 (approx.)

\$5 Admission w/ NM I.D.

Lunch at your own expense to follow

***Sign-up at front desk.**



ONE ALBUQUE ROQUE senior affairs

Mystery Lunch Trip with Angel



Tuesday, October 14th

Check in 11 am

Return 2 pm



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

**October 2nd
Chili Bean Express**

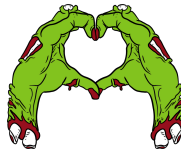


**October 9th
Desert Springs**

**October 16th
Paul Pino & The Tone Daddies**



**October 23rd
Enchanted Four**



**October 30th- Free entry if in full costume
Los Hermanos**

MEDICARE FAIR Event Series

ONE ALBUQUE ROQUE senior affairs

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Call 505-764-6400 for more information

Locations/Times

Los Volcanes Senior Center
Wednesday, October 8, 2025
9 AM - 11 AM

North Valley Senior Center
Monday, October 20 2025
9 AM - 11 AM

Manzano Mesa Multigenerational Center
Thursday, November 6, 2025
9 AM - 11 AM

Palo Duro Senior Center
Wednesday, November 19, 2025
9 AM - 11 AM



Los Volcanes Senior Center

ACOMA PUEBLO
**SKY CITY CULTURAL CENTER
AND HAAKU MUSEUM**
(LUNCH TO FOLLOW @ YOUR OWN EXPENSE.)



Thursday, October 23rd

Check-in: 9:00 AM

Return: 3:00 PM (Approx.)

Tour & Admission: \$24+ tax

Hiking

**October 2, 2025 - Aspen Vista to Big Tesuque
Campground**

**October 16, 2025- Otero Canyon to Tunnel Canyon
sign up at front desk**



Los Volcanes Sweet Shop

**ICE CREAM SOCIAL
(1ST WEDNESDAY OF
THE MONTH)
10 AM UNTIL SUPPLIES
ARE GONE.
OCTOBER 1ST**



**PIE SOCIAL
(2ND WEDNESDAY OF
THE MONTH)
10 AM UNTIL SUPPLIES
LAST
OCTOBER 8TH**