

October

Los Volcanes Senior Center Newsletter

505-767-5999

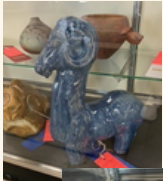
6500 Los Volcanes Rd, NW 87121
cabq.gov/seniors



The Albuquerque International Balloon Fiesta

What began in 1972 with just 13 balloons in a mall parking lot has grown into the world's largest ballooning event. Held annually during the first week of October, the Fiesta now features approximately 600 balloons and 700 pilots across a 350-acre venue. Signature events include Mass Ascensions, Balloon Glow, Night Magic Glow™, and the Special Shape Rodeo™, along with major international competitions such as the Coupe Gordon Bennett and World Gas Balloon Championship. Attendance has grown from 20,000 in 1972 to hundreds of thousands today, with an estimated 25 million photos taken each year, making it one of the most photographed events in the world.

Congratulations to our State Fair Winners



Jael Gulotta
Ceramics



Dorothy Martinez
Crochet



Raymond Upson
Woodworking



Norma Alfaro
Pottery

UNM College of Pharmacy

Community outreach

Friday, October 16

9:00am- 1:00 PM

Los Volcanes Senior Center



Artisan Fair

Saturday, November 14, 2026

9:00am-1:00pm

Manzano Mesa Multigenerational



Mon, Tues, Wed, Fri

8 am - 5 pm

Thurs: 8 am - 7 pm

Sat: 9 am- 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

Janel Powell
Kitchen Aide

Frank Franco
Kitchen Aide

Closures

Monday, October
12th in observance
of Indigenous
Peoples' Day



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



Birthday Celebration!



Thursday, October 8th @ 1 PM

Coffee with Constituents



Join us for **Coffee with Constituents** on **October 22nd** at **8:30am-9:30am** at **North Domingo Baca Multigenerational**

October Advisory Council Meeting

At Barelás Senior Center

Monday, October 19th

@ 12:00 PM



GEHM CLINIC



October 28th

8:30 am-Noon



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, October 5th

12pm -4pm



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



Thursday,
October 22, 2026
10 am- 12 pm



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



Tuesday, October 20

8:30 am -1:00 pm
at the

Museum of Natural History

Sign up at front desk!



Can You Guess the Baby?

Bring a childhood photo by October 19 and join us for a fun game of "Guess the Baby!" on October 26 at 10 AM. Let the guessing—and laughs—begin! 📷

311 Community Outreach Table

Wednesday, October 14th



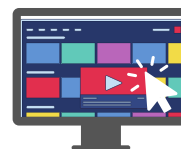
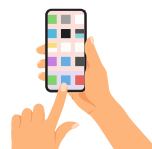
9:30 AM -12:30 PM

(Every 2nd Wednesday of the month.)



OCTOBER 15TH 3:00 PM-5:00 PM

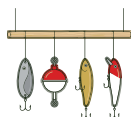
SIGN UP AT FRONT DESK



LVSC Fishing Club- Catch of the Month

August 2026- MaryAnn Sanchez 17 in.

(Conjilon Lake)



CONGRATULATIONS!



Vet to Vet

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

October 1st & October 15th
(1st & 3rd Thursday mornings) 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
Intermediate Ceramics: 9 am - 12:00 pm (**Class is full waitlist available**)
Intermediate Guitar: 9 am - 10:00 am (**Class is full, Waitlist Available**)
Beginners Guitar - 10:30 am - noon (**Class is 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

Tuesday

Billiards: 8 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Painting: 9 am - 12 pm
Open Computer Lab: 9 am - 4:45 pm
Bible Study: 9:30 am - 11 am
Ukulele- Intermediate: 10 am - 11 am
Swedish Weaving: 12 pm - 2 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
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
Karaoke 9:00 am - 11:30 am
Poker: 12:30 pm - 4:30 pm
Pinochle: 12:30 pm - 4:30 pm
Swedish Weaving: 1:00 pm - 3:00 pm
Tin Class: 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 - 4:00 pm
Pickleball: 4:30 pm - 6:30 pm



Friday

Billiards: 8 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Flea Market: 8 am - 11 am
Mexican Train 9 am - 11:30 am
Intermediate Ceramics: 9 am - 12 pm (**Class full waitlist available**)
Open Computer Lab: 9 am - 4:45 pm
Flea Market Lottery: 10:15 am (**Last Friday of month**)
Pinochle: 12 pm - 4 pm
The Hooked Generation-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
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**

OCTOBER



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
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz Pinto Beans 1pc Flour Tortillas 4oz Hot Sliced Apples 2ea 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz Steamed Cauliflower 1oz Diced Beets 4oz Brownie 4oz 1% Milk 1ea 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
CLOSED 12 INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	Anti-Inflammatory 22 Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	New Mexican Grown 23 Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz Diced Beets 1ea Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz Stewed Tomato 2oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc 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.

BREAKFAST MONDAY - FRIDAY 8 AM - 9 AM.

Full: 2 Eggs, Tortilla Or toast, potatoes, & choice of 2 bacon or sausage Butter/Jelly: **\$4.00**

Mini: 1 Egg, Totilla 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**

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**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.

**ONE
ALBUQUE
RQUE**

Upcoming Events

TRIP SIGN-UP BEGINS
Thursday, October 1st @ 9 am
Must be in person with current membership

MEDICARE FAIR

EVENT SERIES | take care of your health



LOCATIONS AND TIMES

Bear Canyon Senior Center

- Medicare Event: Oct. 14, 9 – 11 am
- SHIP Counseling: Oct. 21, 9 – 11 am

Highland Senior Center

- Medicare Event: Oct. 15, 9 – 11 am
- SHIP Counseling: Oct. 22, 9 – 11 am

Manzano Mesa Multigenerational Center

- Medicare Event: Nov. 6, 11 am – 1 pm
- SHIP Counseling: Nov. 18, 11 am – 1 pm

Barelas Senior Center

- Medicare Event: Nov. 12, 11 am – 1 pm
- SHIP Counseling: Nov. 19, 11 am – 1 pm

Thursday Afternoon Dance \$3 with Current Membership
Thursdays 1:30 pm - 4:00 pm

October 1st

Paul Pino & The Tone Daddies

October 8th
Milagro

October 15th
Sunset Rhythm

October 22nd
Antonio y Los Unicos

October 29th- Free (if in FULL costume)- Costume Contest!!
Bosque Fire



Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST WEDNESDAY OF THE MONTH) October 7th

PIE SOCIAL (2nd WEDNESDAY OF THE MONTH) October 14th 10AM UNTIL SUPPLIES LAST



Movie Matinee



WEDNESDAY, OCTOBER 14TH
Come enjoy a FREE movie with



popcorn

Starts At 2:00 PM

NOW SHOWING



WILDLIFE WEST NATURE PARK & LUNCH TO FOLLOW @ PIZZA BARN

Tuesday, October 20th

Check in: 9:15 am Return: 3:00 pm

Admission: \$10 (Approx.)

Entry and lunch at your own expense.

Sign up at front desk.



DSA VETERANS WALL OF HONOR

Veterans are invited to receive a free professional portrait for our Veterans Wall of Honor!

North Valley – Oct. 8 | 9-11 AM

North Domingo Baca – Oct. 9 | 10:30 AM-12:30 PM

Barelas – Oct. 13 | 9-11 AM

Highland – Oct. 14 | 11 AM-1 PM

Thank you for your service!

Hiking

October 1, 2026- Aspen Vista

October 15, 2026- TBD

Sign up at front desk.



Mystery Lunch Trip with Angel

Tuesday, October 13th

Check in 11 am

Return 2 pm



\$5 Hair cuts

(tips appreciated)

AVEDA INSTITUTES

Wednesday, October 14th

Sign in - 10:00am Sign up at the

Depart -10:15am front desk!

Arrive back at center -12:45pm

