NEW PROGRAM: 
MONTHLY KARAOKE
WEDNESDAY, SEPTEMBER 7, 
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!

SEPTEMBER TRIP
Join us for a day of fun at the NM State Fair. The State Fair reflects the unique heritage of NM the many attractions like the Villa Hispana, art galleries, agriculture and MORE!
*Lunch and any entrance fees at your own expense*
Monday, September 12
Check in: 8:30 A.M.
Depart: 8:45 A.M.
Return: 3 P.M. (Approximately)
Sign Up at the front desk, Space is limited

Center Hours
Mon, Tue, Wed, Fri: 8a-5p
Thur: 8a - 7p
Sat: 9a-1p
Sun Closed

SPECIAL JAM SESSION
Join us for a SPECIAL Jam Session with live music from Mr. Gill One Man Band!
We will also have light refreshments!
Wed. Sept 14 11 am - 1 pm
Sponsored by:

Los Volcanes will be CLOSED Monday, September 5 in honor of Labor Day. We will re-open Tuesday, September 6.

Conference on Aging Watch party
44th Annual New Mexico Conference on Aging Virtual Watch Party
Join us at one of our Senior Affairs streaming watch party sites to catch the Conference on Aging virtual workshops. Free breakfast, refreshments, giveaways and more! Transportation provided from senior centers to watch party locations. See front desk staff for information and to sign up.
Watch Party Locations: North Domingo Baca Multigenerational Center | North Valley Senior Center | Manzano Mesa Multigenerational Center
September 7-8 | 8am-4pm*
(Transportation schedule may vary)

Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.
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. Vandalizing or damaging Center facilities, equipment or materials is prohibited.
14. Treat Center materials, equipment, furniture, grounds, and facility with respect.
15. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
16. 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.

Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance though our home services department.
- 38,944 transportation rides for older adults through our senior transportation services.
- 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
- 293,103 community members that participated in socialization programming through senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

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:
North Domingo Baca Multigenerational Center | Sept 28
Highland Senior Center | Oct 7
Manzano Mesa Multigenerational Center | Oct 20
Los Volcanes Senior Center | Oct 28

RSVP Advisory Council
Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms. The council meets once a month at the Highland Senior Center. Call 505-767-5225 for more information.
Presentations and Activities

AARP Defensive Driving

AARP Defensive Driving Returns!

**Monday, Sept. 12, Oct. 3**

12 pm - 4 pm

Call 505-767-5999 to Register

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

Drug Disposal Bags

Friday, September 30 at Los Volcanes

9:30 A.M. - 11:30 A.M.

By: Home Equity Council

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Senior Law Office Presentation:

*Landlord-Tenant Law*

Join Senior Citizens' Law Office to learn about the obligations and rights of landlords and tenants. Note: the presenter will only be able to answer general questions, and cannot give personal legal advice.

Please see the front desk or call 505-767-5999 to sign up.

**Friday, September 30 starting at 9 A.M.**

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**Los Volcanes Fishing Club**

Interested in learning about fishing and taking trips to fish? Join the LVSC Fishing Club!

**Meetings are held every Wednesday starting at 9am** and Fishing trips take place on the following day (Thursday)

Everyone is welcome to join!

**Catch of the month: 21.5 Inch**

By: Rick Gonzales

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**Birthday Party Celebration!**

Come Celebrate your birthday with us!

**Friday, September 2**

10am - 11am

Sponsored By:

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**Oak Street Health**
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: 9am - 10am
Morning Movie Matinee: 9am - 11:15am (Next Showing Oct. 19)
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.): 2pm - 4pm
DoTERRA Essential Oils (2nd Wed.): 2pm - 3:30pm

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 - 6:45 pm
Birthday Party Celebration: 10 am - 11 am (1st Friday)
Beginning Classical Guitar Group: 9 am - 12 pm
Pie Social: 10:15 am - 11:15 am (3rd Friday)
Plastic Canvas: 1 pm - 3 pm
Crochet: 1:30 pm - 3:30 pm
Bingo: 2pm - 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)

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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, September 1: Impression  
Thursday, September 8: Enchanted Four  
Thursday, September 15: Milagro  
Thursday, September 22: Latin Soul  
Thursday, September 29: Chile Bean Express

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**Los Volcanes Flea Market**  
**Fridays from 8am - 11am**  
Last Friday of the month is the lottery for a chance to get a table.  
**Friday, Sept 30 is the Lottery at 10:15 am**

*Waitlist Available on open tables, first come first serve*

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**Dessert Social**  
Join us for monthly dessert socials with all the fixings!

**Ice Cream Social**  
**Wednesday, September 7**  
10:15 am - 11:15 am

**Pie Social**  
**Friday, September 16, 10:15 am - 11:15 am**

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**Falls Risk Screening Event**  
This **FREE** screening event includes strength and balance tests, home safety education, shoe fit clinic, and education on how older adults can improve their balance and decrease the chances of a fall.  
**September 23, 2022 | 8am-12pm**  
Palo Duro 50+ Sports and Fitness Center  
3351 Monroe NE 87110  
For more information, call 505-880-2800

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**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, September 28**  
8:30am - 12:00pm

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**Vaccine Clinic**  
Covid Vaccine & Covid Booster, No appointment necessary  
**Monday, September 26**  
1 pm - 4 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.

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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Aug 29</td>
<td>Aug 30</td>
<td>Aug 31</td>
<td>Sept. 1</td>
<td>Sept. 2</td>
</tr>
<tr>
<td>♦ Sliced Ham</td>
<td>♦ Beef &amp; Vegetable Stir Fry</td>
<td>♦ Fish &amp; Chips</td>
<td>♦ Chicken Alfredo</td>
<td>♦ Green Chile Cheeseburger</td>
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<tr>
<td>♦ Corn Bread</td>
<td>♦ Buttered Noodles</td>
<td>♦ Stewed Tomatoes</td>
<td>♦ Steamed Broccoli</td>
<td>♦ Cheeseburger</td>
</tr>
<tr>
<td>♦ Pinto Beans</td>
<td>♦ Fresh Seasonal Fruit</td>
<td>♦ Warm Sliced Apples</td>
<td>♦ Seasonal Broccoli</td>
<td>♦ Tater Tots</td>
</tr>
<tr>
<td>♦ Collard Greens</td>
<td>♦ Green Beans w/ Mushrooms</td>
<td>♦ Whole Grain Roll</td>
<td>♦ Fresh Strawberries</td>
<td>♦ Sliced Tomatoes</td>
</tr>
<tr>
<td>♦ Peaches</td>
<td>♦ 1% Milk</td>
<td>♦ 1% Milk</td>
<td>♦ 1% Milk</td>
<td>♦ Watermelon</td>
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<tr>
<td>♦ 1% Milk</td>
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5  
CLOSED FOR LABOR DAY HOLIDAY

6  
♦ Cool Fish  
♦ Brown Rice  
♦ Rosemary Potatoes  
♦ Brussels Sprouts  
♦ Chocolate Pudding  
♦ 1% Milk

7  
♦ Beef Tips in Gravy  
♦ Whole Grain Pasta  
♦ Steamed Broccoli  
♦ Roasted Carrots  
♦ Pineapple  
♦ 1% Milk

8  
♦ Baked Ziti w/ Veggies  
♦ Cauliflower  
♦ Breadstick  
♦ Fresh Berries  
♦ Greek Yogurt  
♦ 1% Milk

9  
♦ BBQ Pulled Pork  
♦ Ranch Beans  
♦ Spinach w/ Onions  
♦ Whole Grain Dinner Roll  
♦ Peaches  
♦ 1% Milk

10  
♦ Sushi  
♦ Brown Rice  
♦ Green Beans w/ Mushrooms  
♦ Corned Beef  
♦ Fresh Red Grapes  
♦ 1% Milk

11  
♦ Teriyaki Chicken Stir Fry w/ Veggies  
♦ Green Beans w/ Mushrooms  
♦ Brown Rice  
♦ Mandarin Orange  
♦ Fortune Cookie  
♦ 1% Milk

12  
♦ Teriyaki Chicken Stir Fry w/ Veggies  
♦ Green Beans w/ Mushrooms  
♦ Brown Rice  
♦ Mandarin Orange  
♦ Fortune Cookie  
♦ 1% Milk

13  
♦ Pollock Fish  
♦ Parsley Potatoes  
♦ Green Peas  
♦ Cornbread  
♦ Fresh Red Grapes  
♦ 1% Milk

14  
♦ Pork Carnitas  
♦ Pinto Beans  
♦ Calabacitas  
♦ Flour Tortilla  
♦ Fresh Banana  
♦ 1% Milk

15  
♦ Roast Beef w/ Gravy  
♦ Roasted Carrots  
♦ Mashed Potatoes  
♦ Whole Grain Dinner Roll  
♦ Seasonal Fresh Fruit  
♦ 1% Milk

16  
♦ Pasta Primavera w/ Veggies  
♦ Spinach  
♦ Garlic Breadstick  
♦ Cantaloupe  
♦ Greek Yogurt  
♦ 1% Milk

17  
♦ Meatloaf w/ Gravy  
♦ Mashed Potatoes  
♦ Sliced Carrots  
♦ Whole Grain Dinner Roll  
♦ Mandarin Oranges  
♦ 1% Milk

18  
♦ Rotisserie Chicken  
♦ Brown Rice  
♦ Roasted Beets  
♦ Green Beans w/ Mushrooms  
♦ Peaches  
♦ 1% Milk

19  
♦ Rotisserie Chicken  
♦ Brown Rice  
♦ Roasted Beets  
♦ Green Beans w/ Mushrooms  
♦ Peaches  
♦ 1% Milk

20  
♦ Beef Chili Bowl  
♦ Succotash  
♦ Cornbread  
♦ Red or Green Grapes  
♦ 1% Milk

21  
♦ Southwest Omelet  
♦ Stewed Tomatoes  
♦ Hash Browns  
♦ Flour Tortilla  
♦ Fresh Banana  
♦ 1% Milk

22  
♦ Beef Enchiladas  
♦ Pinto Beans  
♦ Calabacitas  
♦ Cherry Cobbler  
♦ 1% Milk

23  
♦ Turkey Tetrazzini  
♦ Italian Vegetables  
♦ Bread Stick  
♦ Sugar Cookie  
♦ 1% Milk

24  
♦ Baked Chicken and Cheesy Rice  
♦ Corn & Red Peppers  
♦ Broccoli  
♦ Yogurt  
♦ 1% Milk

25  
♦ Salmon w/ Lemon Butter Sauce  
♦ Rosemary Potatoes  
♦ Seasonal Vegetables  
♦ Whole Grain Roll  
♦ Seasonal Fruit  
♦ 1% Milk

26  
♦ Sweet & Sour Pork w/ Stir Fry Veggies  
♦ Cabbage  
♦ Warm Apples  
♦ Whole Grain Roll  
♦ 1% Milk

27  
♦ Beef Enchiladas  
♦ Pinto Beans  
♦ Calabacitas  
♦ Cherry Cobbler  
♦ 1% Milk

28  
♦ Turkey Tetrazzini  
♦ Italian Vegetables  
♦ Bread Stick  
♦ Sugar Cookie  
♦ 1% Milk

29  
♦ Beef Enchiladas  
♦ Pinto Beans  
♦ Calabacitas  
♦ Cherry Cobbler  
♦ 1% Milk

30  
♦ Turkey Tetrazzini  
♦ Italian Vegetables  
♦ Bread Stick  
♦ Sugar Cookie  
♦ 1% Milk
Los Volcanes Senior Center Breakfast Menu

**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

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PLEASE HAVE SMALL BILLS WHEN PAYING FOR BREAKFAST