

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



Closed

Los Volcanes will be

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

★ HAPPY ★
LABOR DAY

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)

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:



26th Annual Prime Time Expo

FREE HEALTH SCREENINGS,
ENTERTAINMENT AND MUCH MORE!

October 11, 2022 | 8am-1:30pm |

Embassy Suites

Transportation provided from City of
Albuquerque Senior Center locations.

See front desk staff for more
information and to sign up

Accredited by 
National Institute of
Senior Centers

**Our Mission: We are committed to providing resources with care and
compassion that help our community thrive while embracing aging.**

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.

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 through 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



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

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.



AmeriCorps
Seniors

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RQUE senior affairs

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



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.



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



BIRTHDAY PARTY CELEBRATION!

Come Celebrate your birthday with us!

Friday, September 2

10am - 11am

Sponsored By:



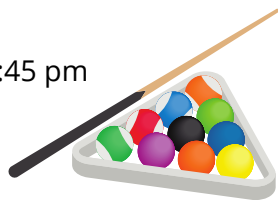
OAK STREET HEALTH



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



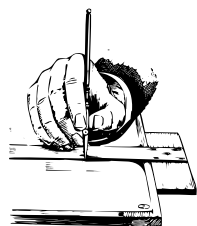
Tuesday

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 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.): 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)
 Plastic Canvas: 1 pm - 3 pm
 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, September 1: Impression

Thursday, September 8: Enchanted Four

Thursday, September 15: Milagro

Thursday, September 22: Latin Soul

Thursday, September 29: Chile Bean Express

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



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

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

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



Thank you to the following sponsor:



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.

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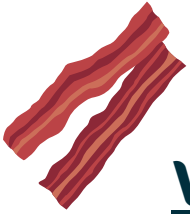
SEPTEMBER 2022

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
Aug 29	Aug 30	Aug 31	Sept. 1	Sept. 2
<ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef & Vegetable Stir Fry ◆ Buttered Noodles ◆ Fresh Seasonal Fruit ◆ Green Beans w/ Mushrooms ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ Whole Grain Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Strawberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Tater Tots ◆ Sliced Tomatoes ◆ Watermelon ◆ 1% Milk 
5	6	7	8	9
<p>CLOSED FOR LABOR DAY HOLIDAY</p>	<ul style="list-style-type: none"> ◆ Cod Fish ◆ Brown Rice ◆ Rosemary Potatoes ◆ Brussels Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips in Gravy ◆ Whole Grain Pasta ◆ Steamed Broccoli ◆ Roasted Carrots ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti w/ Veggies ◆ Cauliflower ◆ Breadstick ◆ Fresh Berries ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Ranch Beans ◆ Spinach w/ Onions ◆ Whole Grain Dinner Roll ◆ Peaches ◆ 1% Milk 
12	13	14	15	16
<ul style="list-style-type: none"> ◆ Teriyaki Chicken Stir Fry w/ Veggies ◆ Green Beans w/ Mushrooms ◆ Brown Rice ◆ Mandarin Orange ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pollock Fish ◆ Parsley Potatoes ◆ Green Peas ◆ Combread ◆ Fresh Red Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/ Gravy ◆ Roasted Carrots ◆ Mashed Potatoes ◆ Whole Grain Dinner Roll ◆ Seasonal Fresh Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera w/ Veggies ◆ Spinach ◆ Garlic Breadstick ◆ Cantaloupe ◆ Greek Yogurt ◆ 1% Milk 
19	20	21	22	23
<ul style="list-style-type: none"> ◆ Meatloaf w Gravy ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Whole Grain Dinner Roll ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Roasted Beets ◆ Green Beans w/ Mushrooms ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Chili Bowl ◆ Succotash ◆ Combread ◆ Red or Green Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Herbed Pork Loin ◆ Ancient Grain Blend ◆ Cauliflower ◆ Sauteed Zucchini ◆ Applesauce ◆ 1% Milk 
26	27	28	29	30
<ul style="list-style-type: none"> ◆ Baked Chicken and Cheesy Rice ◆ Corn & Red Peppers ◆ Broccoli ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon w/ Lemon Butter Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetables ◆ Whole Grain Roll ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet & Sour Pork w/ Stir Fry Veggies ◆ Cabbage ◆ Warm Apples ◆ Whole Grain Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Enchiladas ◆ Pinto Beans ◆ Calabacitas ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Tetrzini ◆ Italian Vegetables ◆ Bread Stick ◆ Sugar Cookie ◆ 1% Milk 

BREAKFAST MONDAY - FRIDAY 8AM - 9AM



WEEKLY BREAKFAST

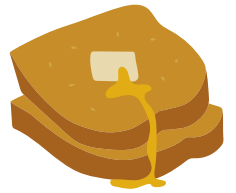
Full: 2 Eggs, toast or tortilla, potatoes, & choice of bacon or sausage **\$1.50**

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¢**

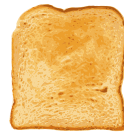
Hash Browns: **.30¢**

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**