

September

Los Volcanes Senior Center Newsletter

6500 Los Volcanes Rd , NW 87121
505.767.5999 cabq.gov/seniors

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers. If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council. If interested in our Council or any other way to get involved with the City, visit cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application.

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelitas Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00am to 11am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

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

Adrian Luna
Kitchen Aid

Frank Franco Kitchen
Aid

CLOSURES
Monday, September 1st
In observance
of Labor Day!!





AGELESS ARTISAN CRAFT FAIR

Saturday, November 15, 2025

@ Manzano Mesa Multigenerational Center

Applications start September 2nd, 2025

Applications due by September 30th, 2025

Available at all Senior Centers or Multi-gen Centers



Senior Citizens Law Office



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

Thursday, September 25, 2025 10 am - 12 pm

Sign up at front desk for one-on-one



Sign up at front desk for computer help!

Tuesday, September 16th
3pm- 5pm

GEHM CLINIC

Tuesday, September 23rd, 2025

Wednesday, September 24th, 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!



AARP Driver Safety Course

Monday, September 8, 2025
12 pm - 4 pm

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



AFR Fall Prevention Presentation



September 16, 2025
10 AM- 12 PM

*sign-up at front desk

Participant Code of Conduct

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.

Birthday Celebration!



Senior Health Resource Center

Thursday, September 11th
@ 1:00 pm

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

September 4, 2025 @ September 18, 2025
(1st @ 3rd Thursday mornings) ^h 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
Ceramics: 9 am - 12:00 pm (Class is full waitlist available)
Beginning Guitar: 9 am - 10:00 am, 11:00 am- noon
(Class 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 - 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

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



Ceramics: 9 am - 12 pm (Class is full waitlist available)
Open Computer Lab: 9 am - 4:45 pm
Classical Guitar Group: 11 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



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

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



Friday

Billiards: 8 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Flea Market: 8 am - 11 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
ROQUE**

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1	2	3	4	5
	Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	Green Chile Vegetable Posole 4oz Carrots 4oz Cornbread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	Beef Tips w/ Gravy 3oz 1oz Bowtie Pasta 4oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8	9	10	11	12
Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Roasted Pork Loin 4oz w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15	16	17	18	19
Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	Chili Bowl 4oz Succotash 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 	Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	Herb Pork Loin 3oz Gravy 1oz Sauteed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22	23	24	25	26
Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



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.

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.

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¢

Breakfast 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**



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**

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Thank you in advance for your cooperation.

Upcoming Events

TRIP SIGN-UP BEGINS **Trips!**
TUESDAY, SEPTEMBER 2ND @ 9 am

29th Annual PRIME TIME MONTHLY MAGAZINE 50+ EXPO

Don't miss...
The Largest Health Fair in New Mexico!

- Free Event -
Wednesday, October 8th 2025!
8:30AM - 1PM At Embassy Suites (Lomas & I-25)

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Free Health Information and Screenings • Free Flu Shots
Live Entertainment • Giveaways and Much More!

BROUGHT TO YOU BY PRESENTING SPONSOR

Call 505-242-2428 or Visit PrimeTimeNM.com

Los Volcanes Senior Center

PRICKLY PEAR FESTIVAL

60+ vendors selling all kinds of prickly pear eats, drinks, arts, crafts, and other products.

*bachata performance by Ritmo y Tambor
*blues duo Sage Lacapat & Kirin Vicenti

Being held at the Gutierrez Hubbell House, which was once a private residence, mercantile, trading post, stagecoach stop, and post office. The Gutierrez Hubbell House symbolizes the mixing of Spanish, Anglo, and Native American traditions & cultures during the Territorial Period, 1848-1912.

Friday, September 26th
Check in: 1:30 PM
Return: 5:30 PM (Approx.)
\$8- Admission

Must have current membership.
Sign up at front desk.

Thursday Afternoon Dance \$3 with Current Membership Thursdays
1:30 pm - 4 pm
September 4th
No Dance - Join us at the Barelitas Fiesta

END of SUMMER CELEBRATION!

Featuring: Jim's Nite Train

Wednesday, September 24th, 2025
2:00 PM- 4:00 PM

FREE EVENT

Afternoon Movie Matinee
FREE POPCORN!
Wednesday, September 17th @ 2pm


BRINGING DOWN THE HOUSE

September 11th
Peter Vigil & The All- Star Band

Mystery Lunch Trip with Angel

September 18th
Dickie Chavez & The Accordion Boys

Tuesday, September 9th
Check in 11 am
Return 2 pm



September 25th
De Luz



Hiking

September 4th, 2025- Sandia Crest Trail North
September 18th, 2025- Aspen Vista
sign up at front desk

Los Volcanes Sweet Shop



ICE CREAM SOCIAL (1ST WEDNESDAY OF THE MONTH) SEPTEMBER 3RD
10 AM UNTIL SUPPLIES ARE GONE.

PIE SOCIAL (2nd WEDNESDAY OF THE MONTH) SEPTEMBER 10TH
10AM UNTIL SUPPLIES LAST



\$5 Hair cuts (tips appreciated)

September 24, 2025
Sign in - 9:30am
Depart -9:45am
Arrive back at center -12:30pm

Sign up at the front desk!

