

September

Los Volcanes Senior Center Newsletter



505-767-5999

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

Celebrating National Senior Center Month

September is National Senior Center Month, a time to recognize and celebrate the vital role senior centers play in our communities. At Los Volcanes Senior Center, we are proud to be part of a network of caring, vibrant centers that provide opportunities for connection, learning, recreation, wellness, creativity, and friendship. Every day, our senior centers create welcoming spaces where older adults can stay active, build meaningful relationships, share their talents, and continue contributing to the community. The incredible work of our staff, volunteers, instructors, and participants helps make our centers places where people truly feel valued, supported, and connected.

This September, we celebrate you—the people who make our senior centers special. Thank you for being part of our community and for all that you bring to it!

Significance of Labor Day

Labor Day celebrates the contributions and achievements of American workers and the labor movement. In the 19th century, workers and unions fought for safer conditions, reasonable hours, and important benefits. Today, the holiday honors the workers whose efforts helped establish many of the workplace rights and protections we enjoy.



Events Happening at other Locations

Fall Prevention Event

Friday, September 18

8:30am - Noon

North Domingo Baca
Multigenerational Center



FBI Fraud & Scam Prevention Presentation

Tuesday, September 22

10:30–11:30 a.m.

Barelas Senior Center



Roadrunner Food Bank – Manzano Mesa Multigenerational

Friday, September 18 2:00 –4:30 p.m.



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

Reina Goode
Program Assistant

Anthony Casaus
General Services

David Maccornack
Cook

Janel Powell
Kitchen Aide

Frank Franco Kitchen
Aide

Closures

We will be closed
Monday, September
7th in observe of
Labor Day



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

Birthday Celebration!



Thursday, September 10th @ 1 pm



Join us for Coffee with Constituents on September 24th at 8:30am-9:30am @ Los Volcanes Senior Center



September Advisory Council Meeting
At North Domingo Baca Multigen Center
Monday, September 21st @ 12:00



GEHM CLINIC



September 23rd
8:30 am-Noon

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!



SEPTEMBER 24TH 3:00-5:00

SIGN UP AT FRONT DESK



AARP Driver Safety Course

Monday, September 14th
12pm -4pm

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



AARP
Driver Safety



Thursday,
September 24,
2026
10 am- 12 pm



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

Sign up at front desk.

VIRTUAL DRIVES THROUGH THE CAMERA EYE

Gilman Tunnels- Fall Virtual Drive

Tuesday, September 22nd
9:30 am- 10:40 am

For those seniors who cannot attend our monthly day trips.

*Sign-up at the front desk.

All About Medicare



Meet with agents to discuss changes to Medicare coverage for Presbyterian members.

Thursday, September 10th - 11am- 12pm

Monday, September 21st - 9am- 10am

Albuquerque Accordion Club

Join us for an entertaining performance featuring talented local musicians and the unmistakable charm of the accordion.

Wednesday, September 23rd

1:30 PM- 2:45 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 3rd @ September 17th

(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 - 11 am
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 (**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
Karaoke 9:30am-11:30am
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



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
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
Classical Guitar Group: 11 am - 1 pm **CLOSED GROUP**
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 - 1pm Monday - Friday. Please call 767-5999 to make your reservation by 1:00pm the day prior.

**ONE
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SEPTEMBER

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.

*I tried something
nuevo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	 8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	 9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	 11 Chile Bowl /Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
 14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 4oz 8oz	 15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 16 Lemon Pepper Pollock 3oz Buttered Noodles 4oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	 18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
 21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	 22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	 23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	 24 Anti-Inflammatory Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	 25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
 28 Green Chile Chicken 3oz 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 4oz Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 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.



BREAKFAST MONDAY - FRIDAY 8 AM - 9 AM.

Weekly Breakfast



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**

Chile is now available with every meal!!

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

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Transportation Division Manager

Tim Martinez at 505-764-6450 for further clarification.

Thank you in advance for your cooperation.

**ONE
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Upcoming Events

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

Movie Matinee

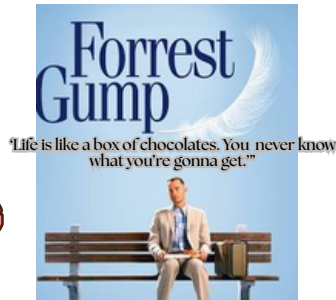
WEDNESDAY, SEPTEMBER 16TH

Come enjoy a **FREE** movie with popcorn

Starts At 2:00 PM

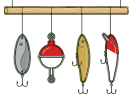


NOW SHOWING



LVSC Fishing Club- Catch of the Month

July 2026- Silvia Trujillo 16 ¼ in. long
(Fenton Lake)



Thursday Afternoon Dance \$3 w/ Current Membership Thursdays 1:30 pm - 4 pm



September 3rd
Chili Bean Express

September 10th
Rio Grande Express Band



September 17th
De Luz



September 24th
La Raza



Los Volcanes Sweet Shop

ICE CREAM SOCIAL (1ST
WEDNESDAY OF THE
MONTH) **September 2nd**
10AM, WHILE SUPPLIES LAST

PIE SOCIAL (2nd
WEDNESDAY OF THE
MONTH) **September 9th**
10AM, WHILE SUPPLIES LAST



'Senior Celebration Day'
@ the NM State Fair

Monday, September 14th

Check in: 8:45 AM

Return: 2 PM (Approx)

FREE Admission!

Refreshments at your own expense.



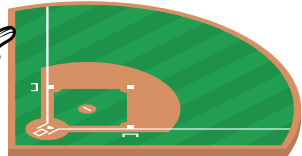
Isotopes Baseball Game

Thursday, September 17th

Check in: 10:15 AM Return: 3:00 PM

FREE Admission!

Bring **credit card** for refreshments!



Hiking



September 3, 2026- Deer Creek to Cabin Ruins

September 17, 2026- Ice Cave, Bandera, Crater, Grants, Mining Museum (\$18.00)

***Sign up at front desk.**

Mystery Lunch Trip with Angel

Tuesday, September 8th

Check in 11 am

Return 2 pm



\$5 Hair cuts
(tips appreciated)

Monday, September 15, 2026

Sign in - 9:30am Sign up at the

Depart -9:45am front desk!

Arrive back at center -12:30pm



30 Years!



PRIME TIME 50+ EXPO

Join us as we celebrate 30
incredible years of the 50+ Expo!

Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!

NEW LOCATION!

8:30AM - 1PM at the

Museum of Natural History & Science

- FREE EVENT -

**Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!**

Brought to you by Presenting Sponsor



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