

**NEW PROGRAM COMING SOON:
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!

**NEW PROGRAM:
MORNING MOVIE MATINEE**

Join us starting **Wednesday, August 17**

starting at **9:15am**

Popcorn will be available

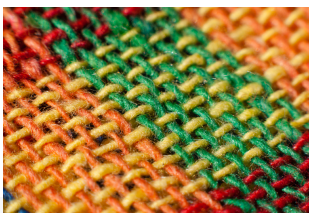


**HIGHLIGHTED CLASS:
SWEDISH WEAVING**

Swedish Weaving is a Nordic craft, that is suitable for
making baby blankets, pillows, table runners and more! We
teach newcomers and help each other with the patterns we
use! On special occasions we may donate our creations to
worthy causes like Birthright or nursing homes.

Please Join us!

**TUESDAYS
12:00 PM - 2:00 PM**



Center Hours

Mon, Tue, Wed, Fri: 8a-5p

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed

AUGUST TRIP

Join us as we take a trip to Madrid
NM! We will explore the town of
Madrid and also have lunch there
(at your own expense).

Wed. August 17

Check in: 9:00 a.m.

Depart: 9:15 a.m.

Return: 3:00 p.m. (Approximately)

Sign up at the front desk



VETERANS WALL PHOTOSHOOT

Tuesday, August 2, 2022

8:30am - 12:00pm

If you are interested in having your
picture on our Veterans Wall, please
fill out a Veterans Wall form from
the front desk and join us on the
above date to have your photo taken!



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.

Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments! I hope you will join us, as we always look forward to visiting with you.

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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AARP Defensive Driving

AARP Defensive Driving Returns!

Monday, Sept. 12

12 pm - 4 pm

Call 505-767-5999 to Register

Cost: \$20 for AARP Members,

\$25 for non-members



Coffee with the Constituents

Wednesday, August 10, 9:30 am - 10:30 am



Alzheimer's Association Support Group

Alzheimer's Caregiver & Support Group-

Los Volcanes Senior Center

Third Tuesday of the month beginning August 16th at 9:30am, meeting will run approximately 1.5 hours.

Facilitator: Helen Purser

To register please Sign up at the front desk or email nmsupportgroups.org or call 800.272.3900



DoTERRA Essential Oils

Everyone is welcome to Join this class and learn about the toxic products in your home and how to keep it safe along with your family. Please see the front desk or call

505-767-5999 to sign up.

2nd Wednesday of the month!

Wednesday, August 10 starting at 2pm



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:

Fish Size: 17 1/2 Inch

Caught by Linda Cooper!



BIRTHDAY PARTY CELEBRATION!

Come Celebrate your birthday with us!

Friday, August 5

10am - 11am

Sponsored By:



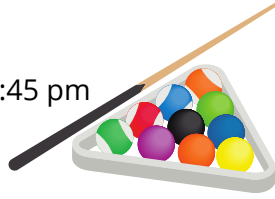
OAK STREET HEALTH



Daily Classes and Activities

Monday

Woodcarving: 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 - 1 pm
Puzzle: 8 am - 4:45 pm
Pickleball: 9:30 am - 11 am
Rummikub: 12 pm - 3 pm
Woodcarving (Power): 1:30 pm - 3:30 pm
Pickleball: 1:30 pm - 4 pm



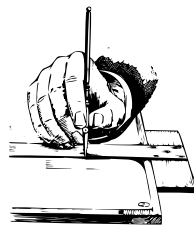
Tuesday

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 - 1 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 - 1 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 (3rd Wed. A.M.)
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 - 1 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 - 1 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
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, August 4: La Raza

Thursday, August 11: Desert Springs

Thursday, August 18: Chile Beans Express

Thursday, August 25: Paul Pino and the Tone Daddies

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, August 24

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, August 26 is the Lottery at 10:15 am



Waitlist Available on open tables, first come first serve

Dessert Social

Join us for monthly dessert socials with all the fixings!

Ice Cream Social

Wednesday, August 3

10:15 am - 11:15 am



Pie Social

Friday, August 19, 10:15 am - 11:15 am



Afternoon Movie Matinee

Wednesday, August 31 starting at 2pm!

We will be showing



Movie is Rated R



Thank you to the following sponsor:



Vaccine Clinic

Covid Vaccine & Covid Booster, No appointment necessary

Monday, August 29

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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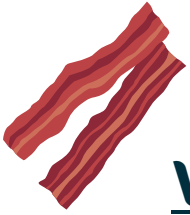
AUGUST 2022

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
1	2	3	4	5
<ul style="list-style-type: none"> Meatloaf w/ Tomato Gravy Roasted Red Potatoes Succotash Fresh Seasonal Fruit Whole Grain Dinner Roll w/Margarine 1% Milk 	<ul style="list-style-type: none"> Green Chile Chicken Enchiladas Pinto Beans Calabacitas Mandarin Oranges 1% Milk 	<ul style="list-style-type: none"> Philly Cheese Steak Sandwich Steamed Carrots Cinnamon Apples 1% Milk 	<ul style="list-style-type: none"> Spaghetti w/Marinara Sauce Broccoli w/Red Peppers Seasonal Vegetable Garlic Bread Sticks Yogurt 1% Milk 	<ul style="list-style-type: none"> Salmon w/Pineapple Brown Rice Pilaf Diced Beets Seasonal Vegetable Honeydew Melon 1% Milk 
8	9	10	11	12
<ul style="list-style-type: none"> Sweet and Sour Pork Brown Rice Fajita Blend Veggies Green Peas Vanilla Pudding 1% Milk 	<ul style="list-style-type: none"> Cheeseburger w/ Mushrooms Seasonal Vegetable Tater Tots Banana 1% Milk 	<ul style="list-style-type: none"> Lime Fish Tacos Calabacitas Steamed Carrots Fresh Seasonal Fruit 1% Milk 	<ul style="list-style-type: none"> Beef Tips w/ Gravy Spinach w/ Onions Sweet Potatoes Watermelon or Fresh Seasonal Fruit 1% Milk 	<ul style="list-style-type: none"> Chicken Alfredo Zucchini w/Red Peppers Seasonal Vegetable Fresh Peaches or Fresh Seasonal Fruit 1% Milk 
15	16	17	18	CHILLED MEAL 19
<ul style="list-style-type: none"> Omelet w/ Red Chile Stewed Tomatoes Diced Potatoes Whole Grain Biscuit w/ Margarine Mandarin Oranges 1% Milk 	<ul style="list-style-type: none"> Spaghetti W/ Meatballs Green Beans Seasonal Vegetable Pineapple 1% Milk 	<ul style="list-style-type: none"> Roasted Pork Loin w/ Brown Gravy Scalloped Potatoes Seasonal Vegetable Whole Grain Roll Pears 1% Milk 	<ul style="list-style-type: none"> Pollock w/ Tartar Sauce Brown Rice Seasonal Vegetable Green Peas Fresh Seasonal Fruit 1% Milk 	<ul style="list-style-type: none"> Chicken Salad Sandwich on Whole Grain Bread Fresh Cucumber Slices Cole Slaw Cantaloupe 1% Milk 
22	23	24	25	26
<ul style="list-style-type: none"> Salisbury Steak w/ Brown Gravy Seasonal Vegetable Mandarin Oranges Roasted Rosemary Potatoes 1% Milk 	<ul style="list-style-type: none"> BBQ Pork Baked Beans Whole Grain Roll Fresh Seasonal Fruit Broccoli & Red Peppers 1% Milk 	<ul style="list-style-type: none"> Baked Chicken w/ Brown Rice Pilaf Sweet Potatoes Green Beans Red Grapes 1% Milk 	<ul style="list-style-type: none"> Spinach Lasagna Seasonal Vegetable Summer Squash Garlic Breadstick Yogurt 1% Milk 	<ul style="list-style-type: none"> Baked Garlic Tilapia Ancient Grain Blend Brussels Sprouts Corn & Bell Peppers Honeydew Melon Cookies 1% Milk 
29	30	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 

BREAKFAST MONDAY - FRIDAY 8AM - 9AM



WEEKLY BREAKFAST

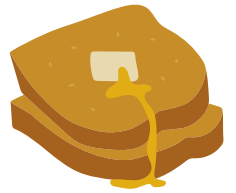
Full: 2 Eggs, toast or tortilla, potatoes, & choice of bacon or sausage **\$1.50**

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¢**

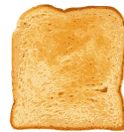
Hash Browns: **.30¢**

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**