

# february

Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit [cabq.gov/seniors](http://cabq.gov/seniors) for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,

Anna Sanchez



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

## Special Events

**Wednesday, February 9**  
**1:30pm - 3:30pm**

**Love is in the air with live music by Donna Christine & plenty of Valentine's Day Treats + food**  
**Sponsored by:**



**Thursday, February 17,**  
**1:30pm - 3:30pm**

**Join us for an open house event with a free dance w/ music by Milagro, along with a Nacho bar & Mocktails!**



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.



**Mask Mandates Strictly Enforced:**

In order to keep our community safe and to keep our centers operational, the current mask mandate will be strictly enforced. Violation of this policy could result in membership consequences, up to and including suspension.

**ONE ALBUQUERQUE** senior affairs

**COVID-19  
BOOSTER/ FLU  
VACCINE CLINIC  
THURSDAY, FEBRUARY 3  
FROM 9AM - 12PM**

**THANK YOU TO  
BEST BUY DRUGS**

**CLOSURE**  
**Los Volcanes will be  
CLOSED Monday, Feb 21 in  
honor of President's Day**



## Monday

Woodcarving: 8:30 am - 10:30 am  
Billiards 8 am - 5 pm  
Ceramics: 9 am - 12 pm  
Puzzle: 8 am - 5 pm  
Pickleball: 9:30 am - 11 am  
Rummikub: 12 pm - 3 pm  
Woodcarving (Power): 1:30 pm - 3:30 pm



## Tuesday

Billiards: 8 am - 5 pm  
Puzzle: 8 am - 5 pm  
Painting: 9 am - 11 am  
Bible Study: 9:30 am - 11 am  
Swedish Weaving: 12:30 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 - 3:30pm



## Wednesday

Billiards 8 am - 5 pm  
Puzzle: 8am - 5 pm  
Open Computer Lab: 9 am - 1 pm  
Crochet: 9 am - 12 pm  
Pottery: 9 am - 12 pm  
Poker: 12: 30 pm - 4:30 pm  
Pinochle: 12:30 pm - 4 pm  
Tin Class: 1:30 pm - 4 pm



## Thursday

Billiards 8 am - 7 pm  
Puzzle: 8 am - 7 pm  
Porcelain Dolls: 9 am - 11 am  
Drawing: 9 am - 11 am  
Mah Jongg: 12:30 pm - 4:30 pm  
Poker 12 noon - 4:30 pm  
Plastic Canvas: 1:00 pm - 3:00 pm  
Afternoon Dance: 1:30 pm - 4: 15 pm  
Pickleball: 4:45 pm - 6:45 pm (Begins Feb. 24)



## Friday

Billiards 8 am - 5pm  
Puzzle: 8 am - 5 pm  
Flea Market: 8 am - 11 am  
Ceramics: 9 am - 12 pm  
Open Computer Lab: 9 am - 1 pm  
Beginning Classical Guitar Group: 10 am - 12 pm  
Crochet: 1:30 pm - 3: 30 pm  
Bingo: 2pm - 4 pm



## Saturday

Billiards 9 am - 1 pm  
Puzzle: 9 am - 1 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.

## Thursday Afternoon Dances

Dance to live music

Thursdays 1:30pm to 4:15pm

\$3 with current membership!



Thursday, February 3: Tino's Band

Thursday, February 10: Paul Pino & Tone Daddies

Thursday, February 17: Milagro

Thursday, February 24: Rhythm Divine

## Loaner Tablet Program

Beginning Feb. 1st

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details



## 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.

Tuesday, February 22

Wednesday, February 23

8:30am - 12:00pm



## Dessert Social

Join us for monthly dessert socials with all the fixings!

Ice Cream Social

Wednesday, February 2

10:15 am - 11:15 am



Pie Social

Friday, February 18, 10:15 am - 11:15 am



Thank you to the following sponsor:



## Friendship Coffee

A cup of coffee shared with a friend is happiness tasted & time well spent

Feb. 3: 12 pm - 1:30 pm

Feb 4: 8:30 am - 9:45 am

Feb 10: 12 pm - 1 pm

Feb 11: 2 pm - 3 pm

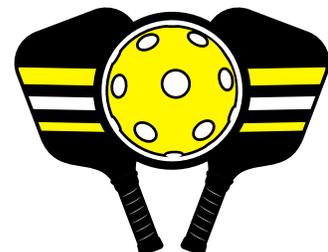
Feb 18: 12 pm - 1:30 pm

Thank you to the following Sponsors:



## Evening Pickleball

Evening Pickleball sessions beginning Thursday Feb. 24 from 4:45 pm - 6:45 pm



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.

**ONE  
ALBUQUE  
RQUE**

# February 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31 ♦ Pasta Primavera ♦ Seasonal Vegetables ♦ Dinner Roll with Margarine ♦ Warm Cinnamon Pineapple Chunks ♦ 1% Milk	1 ♦ Baked Cod w/ Tartar ♦ White Rice ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk	2 ♦ Memphis Dry-Rubbed Chicken ♦ Seasonal Vegetables ♦ Cornbread ♦ Seasonal Fruit ♦ 1% Milk	3 ♦ Beef Tips w/Bowtie Pasta ♦ Peas and Carrots ♦ Peach Crumble ♦ Dinner Roll w/ Margarine ♦ 1% Milk	4 ♦ Pork Chop ♦ Mashed Red Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Seasonal Fruit ♦ 1% Milk
7 ♦ Oven Fried Chicken ♦ Homemade Mac-N-Cheese ♦ Collard Greens ♦ Dinner Bread w/ Margarine ♦ Seasonal Fruit ♦ 1% Milk	8 ♦ Turkey with Gravy ♦ Mashed Potato with Gravy ♦ Steamed Broccoli ♦ Dinner Roll with Margarine ♦ Cookie ♦ 1% Milk	9 ♦ Low Sodium Ham and Potato Soup ♦ Steamed Carrots ♦ Biscuit ♦ Seasonal Fruit ♦ 1% Milk	10 ♦ Rec Chile Beef Enchilada ♦ Spanish Rice ♦ Pinto Beans ♦ Seasoned Fruit ♦ 1% Milk	11 ♦ Baked Cod w/Tartar Sauce ♦ Buttered Noodles ♦ Succotash ♦ Seasoned Fruit ♦ 1% Milk
14 ♦ Baked Ziti/Pasta/ Marinara and Cheese ♦ Season Vegetable ♦ Garlic Bread Stick ♦ Yogurt ♦ 1% Milk	15 ♦ Baked Ham w/ Pineapple Sauce ♦ Sweet Potatoes ♦ Broccoli-Cauliflower-Carrots ♦ Pudding ♦ 1% Milk	16 ♦ Teriyaki Chicken ♦ White Rice ♦ Steamed Crinkle Cut Carrots ♦ Apple ♦ 1% Milk	17 ♦ Tilapia w/ Tartar Sauce ♦ Rosemary Potatoes ♦ Seasonal Vegetable ♦ Seasoned Fruit ♦ 1% Milk	18 ♦ Red Chile Beans with Beef, Cheese and Onions ♦ Crispy Roasted Cauliflower ♦ Tortilla ♦ Brownie ♦ 1% Milk
21 <b>Closed Holiday Presidents Day</b>	22 ♦ Soft Chicken Tacos ♦ Tortillas ♦ Spanish Rice ♦ Corn with Red Peppers ♦ Cookie ♦ 1% Milk	23 ♦ Cheeseburger ♦ Bun ♦ Baked Beans ♦ Steamed Carrots ♦ Seasonal Fruit ♦ 1% Milk	24 ♦ Swedish Meatballs w/ Gravy ♦ Steamed Green Beans ♦ Cherry Cobbler ♦ 1% Milk	25 ♦ Salmon with Garlic Sauce ♦ Angel Hair Pasta with Diced Tomatoes ♦ Season Vegetable ♦ Jell-O/ Fruit ♦ 1% Milk



The Department of Senior Affairs Senior Meal Program is proud to be part of the "New Mexico Grown" state initiative:

- Supporting economic growth by incorporating fresh local produce provided by our own New Mexican farmers.
- Providing locally sourced produce with less single use packaging which lessens our environmental impact.
- Providing fresh produce is higher in vitamins than frozen or canned foods ensuring seniors can count on us for a fresh and healthy meal.

# BREAKFAST MONDAY - FRIDAY 8AM - 9AM

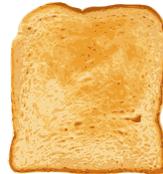
**Full:** 2 Eggs, toast or tortilla, potatoes,  
& choice of bacon or sausage **\$1.50**

**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**



## 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**

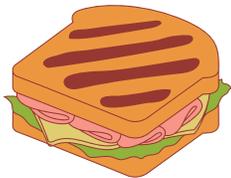
**Fridays:** Huevos Rancheros: **\$1.50**



**PLEASE HAVE SMALL BILLS WHEN  
PAYING FOR BREAKFAST**

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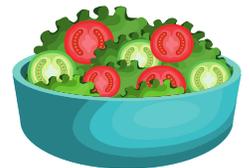
## A La Carte Lunch Menu Available



Hot or Cold Sandwich: \$1.50

Small Salad: \$1.00

Large Salad: \$2.00



Free Hot Meal Option still available for members 60+ on a reservation basis

- A La Carte items **can not** be combined with hot meal options
- No Reservation required for A La Carte Menu

