



**LOS VOLCANES WILL BE CLOSED
MONDAY, SEPTEMBER 6, 2021 IN
OBSERVANCE OF LABOR DAY.
WE WILL
RE-OPEN TUESDAY, SEPTEMBER 7**

**6500 Los Volcanes
Rd NW 87121
505-767-5999**

**SPECIAL EVENTS
(SEPTEMBER)**



**CHILE ROASTING EVENT
WEDNESDAY, SEPT. 15
1:30PM - 3:30PM**

**Murder Mystery Lunch
Wednesday, Sept. 29
1:30pm - 3:30pm**



Participant Code of Conduct

In order that all users may have a pleasant experience at the center, participants 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 email.
5. Show courtesy to other participants and staff; respect decision 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. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. 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.

Please remember to visit the front desk to check in for your class. Thank you!



Los Volcanes Hot Spot Gift Shop

Monday - Friday 9am - 1pm



Gift Shop

Senior Health Resource Fair

Wed, Sept. 15 9am - 11am

Free Flu Shot Clinic

**COFFEE WITH A COP
FRIDAY, SEPT. 10
8AM - 9AM**



**Flu
Shot
Clinic**



Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me.

Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director
City of Albuquerque Senior Affairs

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Monday

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Woodcarving: 8:30am - 10:30am
Pickleball: 9:30am - 11am
Rummikub: 12pm - 3pm
Woodcarving (Power): 1:30pm - 3:30pm

Tuesday

Billiards: 8am - 4:30pm
Puzzle: 8am - 4:30pm
Painting: 9am - 11am
Swedish Weaving: 9am - 11am
Salsa Etc.: 9:30am - 10:45am
Bible Study: 9:30am - 11am
Mexican Train: 12:45pm - 4pm
Euchre: 12:30pm - 4:30pm
Mah Jongg: 12:30pm - 4:30pm
Salsa Aerobics: 2:30pm - 3:30pm

WEDNESDAY

Billiards: 8am - 4:30pm
Puzzle: 8am - 9am, 3pm - 4pm
Crochet: 9am - 12pm
Potter (Intermediate): 9am - 12pm
Fishing Club Meeting: 9am - 10am
Open Computer Lab: 9am - 3pm
Poker: 12:30pm - 4:30pm
Pinochle: 12:30pm - 4:30pm
Mah Jongg: 1pm - 4:30pm
Tin: 1:30pm - 4:00pm

WEEKLY ACTIVIES SCHEDULE



THURSDAY

Billiards: 8am - 6pm
Puzzle: 8am - 6pm
Porcelain Dolls: 9am - 11am
Drawing: 9am - 11am
Beginning Line Dance: 9am - 10am
Intermediate Line Dance: 10:10am - 11:10am
Pinochle: 12:30pm - 6pm
Poker: 12:30pm - 4:30pm
Pottery (Lab): 12:30pm - 4:30pm
Plastic Canvas: 1pm - 3pm



Friday

Billiards: 8am - 4:30pm
Flea Market: 8am - 11am
Puzzle: 8am - 9am, 3pm - 4pm
Ceramics: 9am - 12pm
Guitar Group: 10am - 12pm, 12pm - 2pm
Crochet: 1:30pm - 3:30pm
Bingo: 2pm - 4pm



SATURDAY

Billiards: 9am - 12:30pm
Puzzle: 9am - 12:30pm
Salsa Aerobics: 9:30am - 10:30am



Thursday Afternoon Dance



Dance is held on Thursday from
1:30pm - 4:15pm
\$3.00 per person

September 2: Paul Pino & Tone Daddies
September 9: Milagro
September 16: De Lux
September 23: After Midnight
September 30: Enchanted Four

Senior Law Office

Thursday, Sept. 23

10am - 12pm

Please call 265-2300

**to make an
appointment**



Dessert Social
10:15am - 11:15am (\$0.75)

Ice Cream
Wednesday, Sept. 1



PIE
FRIDAY, SEPT. 17



25TH ANNUAL PRIME TIME 50+ EXPO ON OCTOBER 13, 2021 FROM 8AM - 1:30PM AT EMBASSY SUITES.

**FREE HEALTH SCREENINGS AND ENTERTAINMENT!
REGISTERED MEMBERS OF ANY OUR SENIOR OR MULTIGENERATIONAL CENTER CAN SIGN UP FOR FREE TRANSPORTATION SERVICE TO THE EVENT. CITY OF ALBUQUERQUE'S SENIOR AFFAIRS TRANSPORTATION SERVICES MUST FOLLOW CURRENT CDC GUIDELINES INCLUDING SOCIAL DISTANCING AND MASK MANDATES REGARDLESS OF VACCINATION STATUS, THEREFORE SPACE IS LIMITED AND PRE-REGISTRATION IS REQUIRED. FOR MORE INFORMATION ON DEPARTURE AND ARRIVAL SCHEDULES OR TO REGISTER FOR TRANSPORTATION SERVICE TO THE EVENT, PLEASE SEE OUR FRONT DESK CENTER STAFF.**

BREAKFAST MONDAY - FRIDAY, 8AM - 9AM

Full: 2 eggs, toast, potatoes & choice of bacon or sausage: \$1.50

Mini: 1 egg, toast, potatoes, & choice of bacon or sausage: \$.75

Burrito: Egg, potato, cheese, choice of bacon or sausage & red/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 Only: English Muffin Sandwich: \$1.00

Tuesdays Only: Deluxe Burrito (Smothered, Lettuce, Tomato): \$1.50

Wednesdays Only: Omelet w/ Texas Toast (Ham, Bacon, Sausage, or Veggie): \$1.50



Thursdays Only: Biscuits & Gravy: \$1.00

Fridays Only: Huevos Rancheros: \$1.50

A La Carte

Pancake (1): Plain (\$.25), w/Fruit: \$.75

French Toast (1): Plain: (\$.25), W/Fruit: \$.75

Waffle (1): Plain: (\$1.00), W/Fruit+Cream: (\$1.50)

Oatmeal Cups: \$.70

Bacon or Sausage: \$.50

Eggs: \$.25 Each

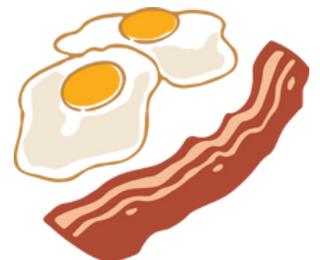
Potatoes: \$.30

2 Slices of Toast or 1 Tortilla: \$.20

Side of Red or Green Chile: \$.25

Milk or Small Orange Juice: \$.25

Large Orange Juice: \$.50



SEPTEMBER LUNCH MENU

Lunch is from 11:30am - 1:00pm

Please call 767-5999 to make a reservation by 1pm for the next day

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>30</p> <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Asian Beef Stir Fry ◆ Buttered Noodles ◆ Garlic Bread Stick ◆ Pineapple ◆ 1% Milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ 1% Milk 	<p>2</p> <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Green Beans ◆ Garlic Breadstick ◆ Strawberries ◆ 1% Milk 	<p>3</p> <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Tater Tots ◆ Lettuce/Tomato/Onion/Pickle ◆ Hamburger Bun ◆ Pear ◆ 1% Milk 
<p>6</p> <p>Closed Labor Day</p>	<p>7</p> <ul style="list-style-type: none"> ◆ Cod Fish W/ Tartar Sauce ◆ Rosemary Potatoes ◆ Brussel Sprouts ◆ Supped Fruit ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Beef Tips W/ Gravy ◆ Bow Tie Pasta ◆ California Blend ◆ Pineapple ◆ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ◆ Baked Ziti W/ Fajita Blend ◆ Italian Blend ◆ Garlic Breadstick ◆ Pudding ◆ 1% Milk 	<p>10</p> <ul style="list-style-type: none"> ◆ Pulled Pork W/ BBQ ◆ Ranch Beans ◆ Spinach W/ Pearl Onions ◆ Dinner Roll W/ Margarine ◆ Apricots ◆ 1% Milk 
<p>13</p> <ul style="list-style-type: none"> ◆ Teriyaki Chicken ◆ Oriental Vegetables ◆ Buttered Noodles ◆ Fortune Cookie ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Pollock Fish W/ Tartar ◆ Au Gratin Potatoes ◆ Capri Blend ◆ Orange ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ JellO W/ Fruit ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Roast Beef W/ Brown Gravy ◆ Peas & Carrots ◆ Roasted Red Potatoes ◆ Dinner Roll W/ Margarine ◆ Pudding ◆ 1% Milk 	<p>17</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Tater Tots W/ Ketchup ◆ Broccoli ◆ Hamburger Bun ◆ Pear ◆ 1% Milk 
<p>20</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Diced Tomatoes ◆ Garlic Breadstick ◆ Orange ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Green Beans ◆ Peach ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Meatloaf W/ Gravy ◆ Mac & Cheese ◆ Sliced Carrots ◆ Pineapple ◆ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Chili Bowl - Beef/Beans/Red Chile ◆ Succotash ◆ Cornbread ◆ Grapes ◆ 1% Milk 	<p>24</p> <ul style="list-style-type: none"> ◆ Herb Pork Loin W/ Gravy ◆ Scalloped Potatoes ◆ Normandy Blend ◆ Applesauce ◆ 1% Milk 
<p>27</p> <ul style="list-style-type: none"> ◆ Chicken & Rice Casserole ◆ Broccoli ◆ Cherry Cobbler ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Salmon W/ Lemon Butter Sauce ◆ Roasted Rosemary Potatoes ◆ Scandinavian Blend ◆ Dinner Roll W/ Margarine ◆ Cupped Fruit ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Stir Fry Blend ◆ Buttered Noodles ◆ Peaches ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Red Beef Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Yogurt ◆ 1% Milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Turkey Tetrizzini ◆ Italian Blend ◆ Breadstick ◆ Cookie ◆ 1% Milk 