



**NEW GROUP!:**

**ALBUQUERQUE SENIOR ROCKHOUND GROUP**  
**MEETINGS: 1ST + 3RD THURSDAYS, 12PM - 1PM**  
**FIELD TRIPS: 2ND + 4TH THURSDAYS TBD**

We are a group of explorers that head to the hills and valleys around our beautiful state. We love to collect rocks, flora, and other unique items for public lands. If you like to get out and enjoy nature this group is for you!

*Special Holiday Jam Session*

Join us for a special holiday jam session with live music by Mr. Gill One Man Band! We will also have light refreshments!

**Wednesday, December 7 starring at 11:00 a.m.**

Sponsored by:



*Intergenerational Holiday Event*

Join us for an annual Holiday celebration with Holiday treats with SANTA CLAUS! We will also have live music by Mr. Gill One Man Band! Everyone is welcome to come and enjoy this

**FREE** event here at Los Volcanes!

**Wednesday, December 21 from 9:30 a.m. - 11:30 a.m.**

*Festive Holiday Luncheon*

The Department of Senior Affairs Annual Holiday luncheon will be hosted by Los Volcanes on

**Sunday, December 25, 2022 from**  
**11 a.m. - 1 p.m.**

Tickets on sale NOW

**\$4 per person**

Soothing Entertainment by: Calvin Appleberry!

**All City of Albuquerque Senior Meal Sites, as well as Senior, Multigenerational and 50+ Sports and Fitness Centers will be **CLOSED** Thursday, Dec. 8, 2022 for mandatory department-wide staff training**



**Center Hours**

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

Thur: 8a - 7p

Sat: 9a-1p

Sun Closed



**Director, Anna M. Sanchez**

**Los Volcanes Senior Center Staff**

America Bençomo, Center Manager

Micheal Duran, Program Coordinator

Rath Chaleunphonh, Office Assistant

Nastasia Lane, Program Assistant

Reina Goode, Program Assistant

Anthony Casua, General Services

Francisco Ramirez, Cook

Adrian Luna, Kitchen Aid

**Closed**

**Los Volcanes will be closed**

**Monday, December 26**

**Monday, January 2, 2023**



**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.

### Bernalillo County Treasure Outreach

Have questions about your property taxes? Staff will be on site to answer questions you might have.

Thursday, December 1, 11:30 am - 2 pm



### AARP Driver Safety Course

Monday, December 5 (Waitlist)

Monday, January 9



12 pm - 4 pm

Call 505-767-5999 to Register

Cost: \$20 for AARP Members,

\$25 for non-members

### Old Town Holiday Stroll

Bring in the holiday spirit with entertainment, shopping, dining, and more!

Friday, December 2



Check in: 3:45 pm

Depart: 4:00 pm

Return: 8:30 pm

(Approx.)

Sign up at the Front Desk!

\*All expenses on your own\*

### Beltone Hearing Screening

Having trouble hearing? Sign up for this FREE hearing screening by a Beltone

Hearing specialist!

Friday, December 16

Starting at 12pm

\*Sign up @ the front desk\*



### Monthly Birthday Party

Come celebrate with us!

Friday, December 2

from 10 am - 11:30 am

Sponsored By:



# Department of Senior Affairs 3rd Annual Pool Tournament

Los Volcanes would like to recognize the winners of our 3rd annual pool tournament Thank you to all who participated and made this event fun!



Ted Castillo - 1st Place



Jose Rendon - 2nd Place



Eugenio Quintana - 3rd Place

## **Annual Holiday Party**

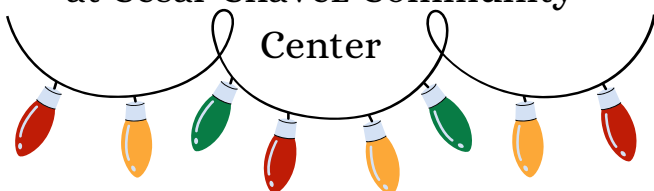
Reserve Your lunch by contacting your center.

Transportation will be provided

**Wednesday, December 22,**

**9am - 2pm**

at Cesar Chavez Community Center



## **Reflexology COMING SOON!**

**2nd Tuesday of the month, starting**

**January 10 starting at 9:00 a.m.**

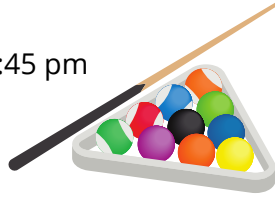
Reflexology is a hands-on modality that relaxes and restores the body working the hands and/or feet



## 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 - 4:45 pm  
Puzzle: 8 am - 4:45 pm  
Pickleball: 9:30 am - 11 am  
Rummikub: 12 pm - 3 pm  
AARP Smart Drive Course: 12 pm - 4 pm (1st Monday)  
Woodcarving (Power): 1:30 pm - 3:30 pm  
Pickleball: 1:30 pm - 4 pm



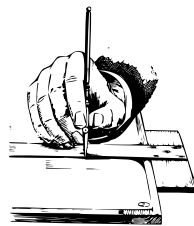
### Tuesday

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 - 4:45 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 - 4:45 pm  
Crochet: 9 am - 12 pm  
Pottery: 9 am - 12 pm  
Fishing Club Meetings: 9 am - 10 am (**Will resume Jan. 2023**)  
Morning Movie Matinee: 9 am - 11:15 am (**Next Showing Dec. 14**)  
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 (1st Wednesday)  
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 (**will resume Jan. 2023**)  
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 - 6:45 pm  
Mah Jongg: 12:30 pm - 4:30 pm  
Poker 12 noon - 5:30 pm  
Spite and Malice: 12:30 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 - 4:45 pm  
Birthday Party Celebration: 10 am - 11 am (1st Friday)  
Beginning Classical Guitar Group: 10 am - 12 pm, 12 pm - 2 pm  
Pie Social: 10:15 am - 11:15 am (3rd Friday)  
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  
Garden Viewing/Discussion 8 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.

## Thursday Afternoon Dances

Dance to live music

Thursdays 1:30pm to 4:00pm

\$3 with current membership!



Thursday, December 1: Latin Soul

Thursday, December 8: **CENTER CLOSED**

Thursday, December 15: Amistad

Thursday, December 22: Desert Springs

Thursday, December 29: PaulPino+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.



**\*Cancelled for December\***

**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, Dec. 30 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, December 7**

**10:15 am - 11:15 am**



**Pie Social**

**Friday, December 16 , 10:15 am - 11:15 am**

## Movie Matinees

Join us for movies and Popcorn at no charge!

**Morning Movie:**

**Wed. Dec. 14,**

**starts**

**@ 9: 15 a.m.** We'll be showing: Elf



## Vaccine Clinic

**Covid Vaccine & Covid Booster, No appointment necessary**

**Monday, December 12**

**1 pm - 4 pm**

**Sponsored By Best Buy Drugs**



## Los Volcanes Fishing Club

The Los Volcanes fishing club will resume back in **January 2023!** The catches of the month:

October: Edward Romero 17 inch Rainbow Trout

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

# December 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



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<ul style="list-style-type: none"> <li>◆ Salisbury Steak/Mashed Potatoes w/Gravy</li> <li>◆ Sliced Carrots</li> <li>◆ Diced Beets</li> <li>◆ Apricots</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Macaroni &amp; Cheese w/ Steamed Broccoli</li> <li>◆ Seasonal Vegetable</li> <li>◆ Stewed Tomatoes</li> <li>◆ Greek Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Chicken Tamales</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	CLOSED	<ul style="list-style-type: none"> <li>◆ Sesame Beef w/Pepper &amp; Onions</li> <li>◆ Chow Mein Noodles</li> <li>◆ Stir Fry Vegetables</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk</li> </ul> 
12	13	14	15	16
<ul style="list-style-type: none"> <li>◆ Seasoned Baked Salmon/Rice Pilaf</li> <li>◆ Succotash</li> <li>◆ Seasonal Vegetable</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cajun Chicken &amp; Sausage Jambalaya w/ Peppers &amp; Onion</li> <li>◆ Brown Rice</li> <li>◆ Okra w/Diced Tomatoes</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef Tips w/Gravy/ Bowtie Pasta</li> <li>◆ Garlic Brussel Sprouts</li> <li>◆ Peach Crisp</li> <li>◆ Croissant/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Warmed Sliced Apples</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Steamed Broccoli</li> <li>◆ Garlic Breadstick</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 
19	20	21	22	23
<ul style="list-style-type: none"> <li>◆ Breaded Cod/Tartar Sauce</li> <li>◆ Crinkle Cut Fries</li> <li>◆ Steamed Spinach</li> <li>◆ Mixed Fruit</li> <li>◆ Whole Grain Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken Pot Pie</li> <li>◆ Ancient Rice</li> <li>◆ Steamed Broccoli</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pasta Primavera</li> <li>◆ Green Beans</li> <li>◆ Garlic Breadstick</li> <li>◆ Greek Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red Chile Pork Tamales</li> <li>◆ Calabacitas</li> <li>◆ Pinto Beans</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Roast Beef w/Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Peas w/Carrots</li> <li>◆ Strawberries w/ Pound Cake</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ 1% Milk</li> </ul> 
26	27	28	29	30
<p><b>Closed for Christmas</b></p> 	<ul style="list-style-type: none"> <li>◆ Cheese Omelet W/ Roasted Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Whole Grain Biscuit</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded Cod over Brown Rice</li> <li>◆ Green Beans</li> <li>◆ Caluliflower w/ Red Peppers</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green Chile Chicken Posole</li> <li>◆ Calabacitas</li> <li>◆ Steamed Cabbage</li> <li>◆ Flour Tortilla</li> <li>◆ Rice Pudding</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes</li> <li>◆ Collard Greens and Black eyed Peas</li> <li>◆ Cornbread</li> <li>◆ Grapes and a Fortune Cookie</li> <li>◆ 1% Milk</li> </ul> 

## 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**



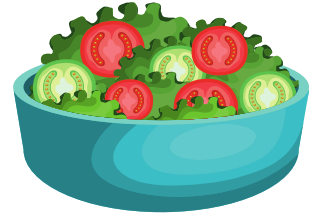
# A LA CARTE MENU MONDAY - FRIDAY 11:30 A.M. - 1 P.M.



**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

## Notice

**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.**

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