

April

6500 Los Volcanes Rd , NW 87121

505.767.5999

cabq.gov/seniors



“There is no glory in star or blossom till looked upon by a loving eye; there is no fragrance in April breezes till breathed with joy as they wander by.”
-William Cullen Bryant

Center Hours

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

Adrian Luna
Kitchen Aid

Frank Franco
Kitchen Aid

HOPPY EASTER!



ONE ALBUQUE RQUE senior affairs

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER PRESENTS:

Centenarian Birthday Celebration

April 10th, 2025

COME JOIN US FOR A CELEBRATION WITH THE LIVE BAND LA RAZA AND COME DANCE WITH US TO CELEBRATE A CENTURY OF BEING ALIVE!

RSVP WITH THE FRONT DESK AT 505-767-5671	ENTRY: FREE START AT 1:30 PM-3:00 PM
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SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER
1825 EDITH BLVD NE 87102
505-767-5671

ONE ALBUQUE RQUE senior affairs

Department of Senior Affairs

SENIOR EASTER PARTY

WEDNESDAY
APRIL 16
2-4 PM

Join us at Bear Canyon Senior Center for fun, games, music, a photo booth, hotdogs & other refreshments.

Sponsors:
Giving Home Health Care
Beehive Homes
Friends of Bear Canyon
Rio Metro
Oak St. Health

Decorated Bonnet Contest
(Submit your decorated Easter Bonnet the day of the event - Prize for Winner)

Participant Code Of Conduct



1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.



Sign up at front desk for computer help!

Thursday, April 24th 3pm-5pm

50+ SENIOR TECH CONNECT

A chance for older adults to explore today's technology

APRIL 11, 2025
8:30AM - 12:30PM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

Prizes & Fun Refreshments
Demonstrations
Computer Classes
Hands-on Learning
No Registration Required
(505)764-6475

ONE ALBUQUERQUE senior affairs | diverselT. | TEENIORS

Scan to Learn More!
<https://www.cbqa.gov/seniors/events>

Senior Citizens Law Office

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

Thursday, April 24, 2025

10 am - 12 pm

Sign up at front desk for one-on-one*



Thank you Karaoke Dreamin' for all the great tunes!



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.

April 3rd & 17th 2025

(1st & 3rd Thursday mornings)

10 am - 12 pm

*appointment required

Sign up at the front desk*



GEHM CLINIC Tuesday & Wednesday April 22nd & 23rd 8:30am-12pm



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!

AARP Driver Safety Course

Monday, April 7th 2025
12 pm - 4 pm



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



DSA Advisory Council Meeting

April 21, 2025 @ Noon
North Domingo Baca
Multigenerational Center



Dine in lunch is served 11:30 am - 1 pm Monday - Friday.
 Please call 767-5999 to make your reservation by 1:00pm the day prior.

**ONE
ALBUQUE
RQUE**

APRIL 2025

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <ul style="list-style-type: none"> ♦ Chicken Tamales 2ea ♦ Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>3</p> <ul style="list-style-type: none"> ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>4</p> <ul style="list-style-type: none"> ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz 
<p>7</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>8</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 4oz ♦ Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>9</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	<p>10</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>11</p> <ul style="list-style-type: none"> ♦ Breaded Cod 4oz ♦ Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 
<p>14</p> <ul style="list-style-type: none"> ♦ Carne Adovada 3oz ♦ Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>16</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>17</p> <ul style="list-style-type: none"> ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>18</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz 
<p>21</p> <ul style="list-style-type: none"> ♦ Turkey Tetraxini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>22</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ 1% Milk 8oz 	<p>23</p> <ul style="list-style-type: none"> ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>24</p> <ul style="list-style-type: none"> ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	<p>25</p> <ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 
<p>28</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 3oz ♦ Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<p>29</p> <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<p>30</p> <ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Diced Pork 3oz ♦ Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 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.

Daily Classes and Activities



Monday

Woodcarving: 8:30 am- 10:30 am
Billiards 8 am - 4:45 pm
Ceramics: 9 am - 12:00 pm (Class is full waitlist available)
Beginning Guitar: 9 am - 10:00 am, 11:00 am- noon (Class full, Waitlist Available)
Open Computer Lab: 9 am - 4:45 pm
Puzzle: 8 am - 4:45 pm
Pickleball: 9:30 am - 11 am
Beginning Guitar: 11 am- 12 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
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
Fishing Club Meetings: 9 am - 10 am
Pickleball: 9:30 am - 11 am (5th Wed.)
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



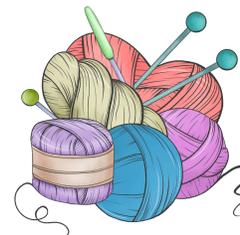
Friendly Reminder

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
Ceramics: 9 am - 12 pm (Class is full waitlist available)
Open Computer Lab: 9 am - 4:45 pm
Classical Guitar Group: 10 am - 12 pm
Flea Market Lottery: 10:15 am (Last Friday of month)
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

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

BREAKFAST MONDAY - FRIDAY 8 AM - 9 AM.



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 Breakfast Items

Pancake (1): **.25¢**, French Toast (1): **.25¢**

Waffle: **\$1.00**, w/Fruit: **\$1.50**

Fruit: **.50¢**

Oatmeal: **.70¢**

Bacon/Sausage: **.50¢**, Eggs: **.25¢**

Hash Browns: **.30¢**

Toast/Tortilla: **.20¢**

Side of Red/Green: **.25¢**

Milk or Juice: **.25¢** Large Juice: **.50¢**

Breakfast 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**



A La Carte Lunch Menu

Monday - Friday 11:30 A.M. - 1:00 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

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

Thank you in advance for your cooperation.

Happy Earth Day!
Plant Exchange
April 22nd 10am-11am
 Bring one, Take one



Thursday Afternoon Dance
\$3 with Current Membership

Thursdays 1:30 pm - 4 pm

April 3rd
Enchanted Four

April 10th
La Raza

April 17th
No Dance

April 24th
Antonio Y Los Unicos



Los Volcanes Sweet Shop



ICE CREAM SOCIAL
 (1ST WEDNESDAY OF THE MONTH)
APRIL 2ND
 10 AM UNTIL SUPPLIES ARE GONE.

PIE SOCIAL
 (2ND WEDNESDAY OF THE MONTH) **APRIL 9TH**
 10 AM UNTIL SUPPLIES LAST

Easter Egg Hunt!!

Find & count the Easter eggs in this newsletter. Tell the front desk the correct number and receive an

Easter treat!

One treat per person
(While supplies last)



Open space Visitors Center
 Learn about Conservation Biology!
Tuesday, April 22nd
check in: 9:30 am
Return: 12:30 pm

Free Admission!

Free Ride!
 Santa Fe National Cemetery

Sign Up at Front Desk

April 9, 2025 | May 14, 2025 | June 11, 2025



Santuario De Chimayo & Lunch!

Friday, April 11th
check in: 8:45 am
return: 4 pm

Bring Cash for Lunch

Mystery Lunch Trip with Angel

Tuesday, April 8th
Check in 11 am
Return 2 pm



Hiking

Thursday, April 3, 2025 - Three Gun Spring
 (Sign up on hiking website)
Thursday, April 17, 2025 - Oso Ridge-Embudito Loop
 (Sign up on Hiking website)



\$5 Hair cuts
(tips appreciated)

DATE

April 23, 2025

Sign in - 9:30 am

Depart - 9:45 am

Arrive back at center - 12:30 pm

Sign up at the front desk!

