

# Manzano Mesa **March 2020**

## Multigenerational Center

\$20 Yearly Membership Fee

Manzano Mesa  
Multigenerational Center  
501 Elizabeth SE 87123



Phone: 505.275.8731  
Monday - Friday 8 a.m. - 9 p.m.  
Saturday: 9 a.m. - 3 p.m.

### ST. PATRICK DAY

TUESDAY, MARCH 17TH

11:30-1:00 P.M.

Join us for a tradition Irish dish of corn beef and cabbage!

Don't forget to rock your green to win a door prize  
Reservations Required



### We are now on Social Media



@cabqseniors

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Department of Senior Affairs



Mayor Tim Keller



Anna Sanchez  
Director

Nikki Peone  
Division Manager



# READ to Me ABQ

Collects new or gently used children's books for distribution to children in our community. The goal of the program is to provide children with a personal book.



Book drive through March 21, 2020.

## Open Computer Lab

Monday- Friday (No Wednesday)

9 a.m. -11:30 a.m

Wednesday 1:00 p.m. -2:45 p.m

Please check in at front desk

**No Mondays during tax season**



Natasha Montoya  
Center Manager

Vacant  
Center Supervisor

Matt McCoy  
Youth Program Coordinator

Courtney Morgan  
Office Assistant

Mary Jo Church  
Program Assistant

Vacant  
Program Assistant

Mike Berry  
General Services

Erick Montoya  
General Services

Carl James  
General Services

James Dever  
Cook



## Bingo

Thursday, 1:30 p.m. - 4 p.m.

\$3.00 for basic/special play,  
other games \$0.25+

## Friendship Coffee

Tuesday 9:00 a.m. - 10:00 a.m.

Gather with friends old and new for a cup of coffee and treats courtesy of our generous sponsors.

- March 3 - Presbyterian
- March 10 - TBA
- March 17 - Rail Runner
- March 24 - TBA
- March 31 - TBA



# Manzano Happenings

Join us for these exciting events

**\*Reservations must be made in person with a valid membership card for trips**



## Choose Happiness

Celebrate International Day of Happiness by sharing what makes you happy with members and staff.

**Friday, March 20  
10:00 a.m. - 11:00 a.m.**

## Rail Runner Ride

Ride the rails from Albuquerque to Santa Fe where you may enjoy browsing and lunch. Return via the same route.

**Wednesday, March 18**

**Check In: 9:00 a.m. - Return: 6:00 p.m.**



## Silver Horizons Senior Food Market

**Tuesday, March 10**

Tickets will be given out at the front desk  
Market begins at 2:30 p.m.

# Manzano Mesa Youth

## Youth Program Trip

**Wednesday, March 18**

**1:30 p.m. - 3:30 p.m.**

A monthly field trip is planned to gravity park



## Youth Program Family Night

**Friday, March 6**

**5:00 p.m. - 8:00 p.m.**

A night for the families of the before and after school program to gather, relax, play games, and have some fun.

# Schedule

Monday		Monday	Thursday	Thursday
8:00-11:30	Beading		8:15- 9:15	Flex and Tone
8:15-9:15	Aerobics		9:00-1:00	Pottery
9:00-11:30	Open Crafts		9:30-10:30	Tai Chi (\$5 per class)
9:30 -10:30	Gentle Exercise		9:30-11:15	PickleBall Training
10:45-11:45	Zumba		10:00-11:00	Bible Discussion
11:00-1:00	Basketball		10:00-11:00	Red Hat Sisters (3 <sup>rd</sup> Thursday)
1:00-3:00	Happy Hookers		1:00-4:00	Artist's Corner
1:30-4:00	Badminton		1:30-4:00	Bingo
5:00-7:00	Volleyball		2:00-4:00	PickleBalll
6:15-7:17	Hatha Blend (\$7 per class)		4:30-5:30	Advanced Boot Camp
7:00-8:45	Personal Defense Club		5:30-6:30	Speak with Distinction
7:00-8:45	Basketball		5:30-8:45	Badminton
Tuesday		Tuesday	Friday	Friday
8:00-12:30	Machine Quilters		6:15-7:15	Wise Women Belly Dancing
8:15- 9:15	Flex and Tone			
8:30-11:30	Tile Painting		8:15-9:15	Aerobics
9:00-1:00	Pottery		8:30-11:30	Tile Painting
9:30-10:30	Tai Chi (\$5 per class)		8:30-11:30	Beginning Tile Class
9:30-11:15	PickleBall Training		9:00-10:00	Hatha Plus
10:30-12:30	Women's Bible Discussion		9:30 - 10:30	Gentle Exercise
1:00-2:45	Sign A Long		10:00-11:30	TOPS #216
1:00-4:00	Shuffleboard		11:00-1:00	Basketball
2:00-4:00	Line Dancing 3		1:00-4:00	Badminton
4:30-5:30	Advanced Boot Camp		1:00-3:00	Teen Board Games
6:00-8:45	Badminton		2:00-3:30	Line Dancing 2
6:00-7:00	Iron Olympians Family Karate		5:00-7:00	Volleyball
6:30-8:30	NM Garden Railroader (Last Tuesday)		6:00-8:00	Chess
Wednesday		Wednesday		
8:00-11:30	Woodcarving		6:00-8:00	Kendo Kai
8:15-9:15	Aerobics		7:00-8:45	Basketball
9:00-10:00	Hatha Yoga		Saturday	
9:30 - 10:30	Gentle Exercise		9:00-12:00	Vietnamese Seniors
9:45-11:15	NM Folk Dance		9:00-12:00	Libros (1 <sup>st</sup> Saturday )
10:00-11:10	Kundalini		9:00-2:00	Project Linus (2 <sup>nd</sup> Saturday)
10:45-11:45	Zumba		9:00-10:00	Laughter Yoga
12:15-1:15	Line Dancing Starter		9:00-11:00	Pickleball
1:00-4:30	Pinochle		10:00-11:00	Qi-Gong
1:30-4:30	Line Dancing Beginning &Intermediate		12:00-3:00	Cherokees of NM (3 <sup>rd</sup> Saturday)
5:00-6:00	Beginning Yoga (\$7 per class)		12:00-2:45	PickleBalll Training
5:30-8:45	Basketball (senior 55+)		12:00-1:30	M2 Clogging Beginning
6:30-8:30	Escribiente Calligraphy(1 <sup>st</sup> Wednesday)		1:30-2:30	Clogging Intermediate
7:00-8:45	ABQ Astronomical Society (1st & 3rd Wednesday)			
6:00-8:45	Invest in Debt (2 <sup>nd</sup> Wednesday)			

Note: Days and Times are subject to change.

# MARCH LUNCH MENU

Please call 275-8731 by 4:00 p.m.  
the day before to reserve

Lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday  
Reservations are required.

Ages 60+ \$2.00 Suggested Donation  
Ages 50-59 \$3.25 • Ages 18-49 \$7.67

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Gr. Chili Chicken Posole Black Beans	<b>3</b> Turkey w/ Gravy Stuffing Mixed Vegetables	<b>4</b> Cheeseburger Baked Beans Carrots	<b>5</b> Pork Chop w/ Sliced Apples White Rice	<b>6</b> Breaded Cod Steak Fries Coleslaw
<b>9</b> Beef Fajitas Spanish Rice Pinto Beans	<b>10</b> Chicken Alfredo w/ Pasta Green Beans w/ Mushrooms	<b>11</b> Baked Ham Rice Pilaf Carrots	<b>12</b> Chicken Fried Steak Red Potatoes Brussel Sprouts	<b>13</b> Baked Ziti Mixed Vegetables Bread Stick
<b>16</b> Rotisserie Chicken Carrots Mashed Potatoes	<b>17</b> Corned Beef & Cabbage Red Potatoes Cornbread	<b>18</b> Red Chili Dog Tatar Tots Corn w/ Red Peppers	<b>19</b> Green Chili Meatloaf Brown Rice Vegetable Blend	<b>20</b> Loaded Potato w/ Cheese and Broccoli Vegetable Blend
<b>23</b> BBQ Chicken Baked Beans Coleslaw	<b>24</b> Meatballs w/ Gravy White Rice Green Beans w/	<b>25</b> Turkey Pot Pie Au Gratin Potato Vegetables	<b>26</b> Red Beef Enchiladas Black Beans Corn w/ Red	<b>27</b> Cajun Tilapia Pasta w/Butter Sauce Vegetables

## Breakfast Menu : Monday - Friday 8:00 am - 9:00 am

- Regular Breakfast \$1.50  
*2 eggs, hash browns, bacon or sausage  
toast, tortilla or English muffin*
- Breakfast Burrito \$1.50  
*egg, hash browns, bacon or sausage  
with red or green chile*
- English Muffin Sandwich \$1.00  
*Choice of bacon or sausage*
- Biscuits and Gravy \$1.00  
*Served: Tuesday and Thursday*
- Huevos Rancheros \$1.50  
*Served: Friday\**



### Beverages

- Coffee or Hot Tea.....\$0.30
- Hot cocoa.....\$0.30
- Milk or Juice.....\$0.25

### A La Carte

- 1 Waffle.....\$1.00  
*Served: Wednesday*
- 1 Egg.....\$0.25
- Bacon.....\$0.50
- Sausage Patties.....\$0.50
- Hash Browns.....\$0.30
- Chile & Cheese.....\$0.50
- Oatmeal w/ Milk.....\$0.70
- 1 Pancake.....\$0.25
- 1 French Toast.....\$0.25

\* French Toast and Pancakes not available on Friday

# MMMC Announcements

## Introducing Dessert Social

Once a month we will offer a sweet treat for you and your friends.

**4th Wednesday of the month**

**10:30 a.m. – 11:30 a.m.**

Cost: \$.75



## Class Cancellations



Gym activities cancelled on **Friday, March 13th for 50+ Games (Badminton)**

Social Hall activities cancelled on

**Friday, March 6th for Youth Program Event**

## Meet MMC's New Manager: Natasha Montoya

Natasha Montoya has been promoted to Manager of Manzano Mesa Multigenerational Center. She comes to us with over 15 years' experience working with youth, seniors, and families. Natasha is an Albuquerque native and earned her Bachelor's Degree from New Mexico State University. She was a teacher in the New York City Public Schools as well as a Center Specialist with the Head Start Program. Natasha has been with the Department of Senior Affairs since 2011. She has served as a Youth and Program coordinator, a Center Specialist and most recently the Manager of Palo Duro Senior Center. She loves traveling, spending time with her family and three little dogs. She is very excited to be joining the Manzano Mesa community.



### Participants Conduct:

In order that all users may have a pleasant experience at the center, all participants are expected to respect the rights of others and use the center for the purposes of the center only, and adhere to the following behaviors: Maintain personal hygiene that is not offensive or unhealthy. Use voice and behavior that will not disturb other participants. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive. Show courtesy to other participants and staff. Respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution. Show consideration for the diversity of staff and fellow participants. Treat the center material, equipment, furniture, grounds and facility with respect. Use the center and center equipment in a safe and appropriate manner. Keep the building and grounds neat, clean and litter free. All participants need to be able to: Function without one-on-one assistance (staff) or have the help of a caregiver. Walk safely and independently in the center or use assistive devices independently.