



National Institute of Senior Centers

# Manzano Mesa Multigenerational Center December 2019



Timothy Keller, Mayor



Anna Sanchez, Director

**Location**

501 Elizabeth SE  
Albuquerque, NM 87123  
Phone, 505-275-8731

**Center Closures**

December 25

**Youth Program Closures**

December 24, December 25, and December 31

**Annual Membership**  
\$20.00

**Hours of Operation**

Monday-Friday  
8 a.m. - 9 p.m.  
Saturday 9 a.m. - 3 p.m.  
Sunday Closed

DSA Annual Christmas Lunch  
Barelas Senior Center  
505-764-6436  
714 Seventh St SW 87102  
Wednesday, December 25  
11:30 a.m. - 1:00 p.m.  
\$4.00 Reservation Required

Silver Horizons Food Pantry  
Friday, December 6, 2:30 - 4:00 p.m.



<p style="text-align: center;"><b>Trip: Operation Holiday Cheer</b></p> <p>Participants must have a valid government ID.</p> <p style="text-align: center;">Wednesday, December 18</p> <p style="text-align: center;">Check In: 10:00 a.m., Return 2:00 p.m.</p> <p style="text-align: center;">Please register at the front desk.</p>	<p style="text-align: center;"><b>Trip: Holiday Stroll</b></p> <p style="text-align: center;">Friday, December 6</p> <p style="text-align: center;">Check In: 3:00 p.m., Return 8:30 p.m.</p> <p style="text-align: center;">Please register at the front desk.</p>
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Special Event: The Silver Players, Santa Stories, Friday, December 20, 10 - 11 a.m.

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

Regular Breakfast \$1.50

2 eggs, hash browns, 2 pieces of bacon or sausage  
with choice of toast, tortilla or English muffin

Breakfast Burrito \$1.50

Bacon or sausage, cheese, egg,  
red or green chile and hash browns  
English Muffin Sandwich \$1.00

Choice of bacon or sausage  
Biscuits and Gravy \$1.00

2 Biscuits and Gravy

Served: Tuesday and Thursday

Huevos Rancheros \$1.50

Served: Friday\*

\*French Toast and Pancakes will not be available

Beverages

Coffee.....\$0.30  
Hot Tea.....\$0.30  
Hot cocoa.....\$0.30  
Milk.....\$0.25  
Orange Juice.....\$0.25

A La Carte

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



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



MMMC Staff wishes our friend and mentor, Ed Nunez, the very best for his retirement!

I have been fortunate and privileged to serve first as the Operations Manager at Manzano Mesa (2006-2010) and then as the Center Manager from 2014 to 2019. My last day of service will be Saturday, December 7<sup>th</sup> after 30 years with the City of Albuquerque. Manzano Mesa is a special and unique facility. The center is host to young, old, middle aged as well as our special needs population. We always felt that there was something for everyone here and through the years we have seen many changes. I am proud of the infrastructure work that we have been able to get accomplished. In 2015, a badly needed new roof was put on. We were also able to repair the sidewalk out front eliminating a tripping hazard. Through the support of Councilor Don Harris, the center received much needed signage in 2019, blinds for the social hall, the evos playground was repaired, the parking lot was restriped, new partitions installed, the restrooms in the fitness center were upgraded, and the gymnasium received a facelift. We cannot thank Councilor Harris enough for his support. Manzano Mesa is a 7.5 million dollar facility and we feel it must be preserved for future generations. Leaving any position that you have become accustomed to is no easy task. I have been the Director of several different facilities in the City of Albuquerque, and in that regard, I am so fortunate. Working in the field that I chose as my career was always a passion and something I looked forward to coming to every day. I am glad to say that I have made many friends during my tenure here and I will miss being a part of the daily activities. I also want to thank all of my staff here at Manzano. I always felt that our team was one of, if not the best in the Department. Their passion for what they do shines through. Finally, leaving is somewhat bittersweet, but I also know that there is life after the city and I am looking forward to a new chapter. –MMMC Manager, Ed Nunez

**Games**

Pinochle  
Wednesday 1 - 4:30 p.m.

Bingo  
Thursday 1:30 - 4p.m.  
\$3.00 for basic/special play,  
other games \$0.25+

Chess  
Friday 6 - 8 p.m.

Aerobics  
Monday, Wednesday, and  
Friday 8:15 - 9:15 a.m.

Gentle Exercise  
Monday, Wednesday, and  
Friday 9:30 -10:30 a.m.

Flex and Tone  
Tuesday and Thursday  
8:15 - 9:15 a.m.

Martial Arts  
Tai Chi  
Tuesday and Thursday  
9:30 - 10:30 a.m.  
\$5.00 per class  
Instructor: Curtis Hardison

Kendo Kai  
Friday 6 - 8 p.m.  
Instructor: Davis Begay

**Dance Classes**

Line Dancing Intermediate 3  
Tuesday 2 - 4 p.m.  
Instructor: Jeanne Hendrix

NM Folk Dance  
Wednesday 9:45 - 11:15 a.m.  
Instructor: Frances Lujan

Line Dancing Starter  
Wednesday 12:15-1:15 p.m.  
Instructor: Patty Fox

Line Dancing Beginning  
Wednesday 1:30 - 3 p.m.

Line Dancing Intermediate 1  
Wednesday 3 - 4:30 p.m.  
Instructor: Georgette Smith

Wise Women Belly Dance  
Thursday 6:15- 7:15 p.m.  
\$5.00 1st class \$35.00 for 4  
Instructor: Amaya

Line Dancing Intermediate 2  
Friday 2 - 3:30 p.m.  
Instructor: Wylene Santistevan

Clogging-Saturdays  
Beginner 12 - 1:30 p.m.  
Intermediate 1:30 - 2:30 p.m.  
Instructor: Brenda Davies

**Arts and Crafts**

Beading  
Monday 8 - 11:30 a.m.

Open Crafts  
Monday 9 - 11:30 a.m.

Happy Hookers Crochet  
Monday 1 - 3 p.m.  
Instructor: Mary Kelly

Machine Quilters  
Tuesday 8 - 12:30 p.m.  
Instructor: Shirley

Pottery  
Tuesday and Thursday  
9 - 1 p.m.  
Instructor: Carolyn

Tile Painting  
Tuesday and Friday  
8:30-11:30 a.m.

Woodcarving  
Wednesday 8 - 11:30 a.m.

Artist's Corner  
Thursday 1 - 4 p.m.

Beginning Tile Class  
Friday 8:30 - 11:30 a.m.  
Instructor: Lawanda

## Classes, Clubs and Groups

### Clubs and Groups

Women's Bible Discussion  
Tuesday 10:30 - 12:30 p.m.

Healing Strong Albuquerque  
2nd Tuesday 6:30 - 8 p.m.

NM Garden Railroader  
Last Tuesday 6:30 - 8:30 p.m.

Constitution Party of NM  
1st Wednesday 6 - 8:45 p.m.

Escribiente Calligraphy  
1st Wednesday  
6:30 - 8:30 p.m.

ABQ Astronomical Society  
1st and 3rd Wednesday  
7 - 8:45 p.m.

Invest in Debt  
2nd Wednesday 6 - 8:45 p.m.

Bible Discussion Group  
Thursday 10 - 11 a.m.

Speak with Distinction  
Thursday 5:30 - 6:30 p.m.

Red Hat Sisters  
3rd Thursday 10 - 11 a.m.

TOPS #216  
Friday 10 - 11:30 a.m.

Vietnamese Seniors  
Saturday 9 - 12 p.m.

Libros\*  
1st Saturday 9 - 12 p.m.  
\*December meeting at  
alternate location.

Project Linus  
2nd Saturday 9 a.m. - 2 p.m.

Modular Railroad  
3rd Saturday 10 a.m. - 3 p.m.

Cherokees of NM  
3rd Saturday 12 - 3 p.m.

Music

Sing-A-Long  
Tuesday 1 - 2:45 p.m.

Open Computer Lab  
Monday, Tuesday, Thursday,  
Friday 9-11:30 a.m.  
Wednesday 1-2:45 p.m.

NM Computer Society - Linux  
2nd Thursday 7:15 - 8:45 p.m.

Veterans' Outreach  
Monday, December 2, 9 - 3 p.m.

### Yoga

Hatha Blend  
Monday 6:15 - 7:15 p.m.  
\$7.00 per class  
Beginning  
Wednesday 5 - 6 p.m.  
\$7.00 per class  
Instructor: Ann Owens

Hatha  
Wednesday 9 - 10 a.m.  
Instructor: Dee Cappell

Kundalini  
Wednesday 10:10 - 11:10 a.m.  
Instructor: Rose Noss

Hatha Plus  
Friday 9 - 10 a.m.  
Instructor: Jan Porter

Laughter  
Saturday 9 - 10 a.m.  
Instructor: Kathy Chambers

Friendship Coffee  
Tuesdays, 10 - 11 a.m.  
December Birthday Celebration  
Tuesday, December 31  
10 - 11 a.m.

Youth Classes  
Iron Olympians Family Karate  
Tuesdays, Sept 10 - Nov 26  
Beginning, 6:15 p.m.  
Advanced, 7:15 p.m.  
See Instructor for Fees

### Fitness Classes

Get Moving Cardio  
Monday 5 - 6 p.m.  
Instructor: Ann Owens

Personal Defense Club  
Monday 7 - 8:45 p.m.

Zumba Gold, \$2.00 per class  
Monday and Wednesday  
10:45 - 11:45 a.m.  
Instructor: Dee Williams

Advanced Boot Camp  
Tuesday and Thursday  
4:30 - 5:30 p.m.

Pickle ball  
Thursday 2 - 4 p.m.  
Saturday 9 - 11 a.m.

Pickle ball Training  
Tuesday and Thursday  
9:30 - 11:15 a.m.  
Saturday 12 - 2:45 p.m.

Badminton  
Monday 1:30 - 4 p.m.  
Tuesday 6 - 8:45 p.m.  
Thursday 5:30 - 8:45 p.m.  
Friday 1 - 4 p.m.

Basketball  
Monday and Friday  
11 - 1 p.m. and 7 - 8:45 p.m.  
Tuesday and Thursday  
11:30 - 1 p.m.

Wednesday 11 - 12:30 p.m.  
Wednesday (55+)  
5:30 - 8:45 p.m.

Volleyball (Open)  
Monday and Friday  
5 - 7 p.m.

Shuffleboard  
Tuesday 1 - 4 p.m.

## December Lunch Menu

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

Reservations are required.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. Salisbury Steak Corn Mashed Potatoes Yogurt	3. Veggie Omelet Stewed Tomatoes Spinach Red Apple	4. Baked Tilapia Rice Pilaf Green Beans Vanilla Pudding	5. Baked Ziti Carrots Breadstick Sliced Pears	6. Pork Loin Brown Rice Mixed Vegetables Fruit Jell-O
9. Beef Stew Corn Bread Malibu Blend Mandarin Oranges	10. Turkey Sandwich Sweet Potatoes Brussel Sprouts Banana	11. Red Tamales Chicken Posole Steamed Cabbage Banana Pudding	12. Baked Salmon White Rice Dinner Roll Baked Apples	13. Pasta Alfredo Peas and Carrots Breadstick Cottage Cheese
16. Red Enchiladas Refried Beans Mexicorn Tapioca Pudding	17. Turkey Soup Green Beans Cauliflower Sliced Pears	18. Buffalo Chicken Baked Beans Cabbage Mixed Fruit	19. Spinach Lasagna Diced Tomatoes Roasted Peppers Cottage Cheese	20. Cheeseburger Baked Beans Mixed Vegetables Grapes
23. Red Pork Posole Pinto Beans Spanish Rice Yogurt	24. Glazed Ham Stuffing Mixed Vegetables Holiday Cookie	25. Closed	26. Macaroni Sweet Potato Dinner Roll Cherry Cobbler	27. BBQ Chicken Black Eyed Peas Carrots Fruit Jell-O
30. Texas Chili Corn Bread Succotash Sliced Pears	31. Asian Beef Fried Rice Vegetable Blend Chocolate Cake	1. Closed	2. Smoked Chicken Au Gratin Potatoes Brussel Sprouts Red Apple	3. Breaded Cod Lemon Brown Rice Peas and Carrots Orange

Heating Help and Energy Efficiency Fair with New Mexico Gas Company

Saturday, December 7, 9 - 11 a.m.

Please see front desk for additional information.

### DSA Advisory Council

For more information call 764-6469

No Meeting in December

If you are interested in applying to serve  
on the council please visit:  
[www.cabq.gov/clerk/boards-commissions](http://www.cabq.gov/clerk/boards-commissions)

### AARP

Defensive Driving  
1st & 3rd Saturday  
9:15 - 1 p.m.  
AARP Member  
\$15  
Non AARP  
Member  
\$20

To reserve a space,  
please call 275-8731,  
or stop by the front desk.

### Assistance

Department of Senior Affairs  
(505) 764-6400  
Senior Law Office  
(505) 265-2300  
Senior Transportation  
(505) 764-6464  
Silver Horizons Food Pantry  
(505) 208-8375