

Manzano Mesa Multigenerational Center November 2019



Timothy Keller, Mayor



Anna Sanchez, Director

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

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 Thanksgiving Meal
Los Volcanes Senior Center
505-767-5999
6500 Los Volcanes NW 87121
Thursday, November 28
11:30 a.m. - 1:00 p.m.
\$4.00, Reservation Required

Center Closures

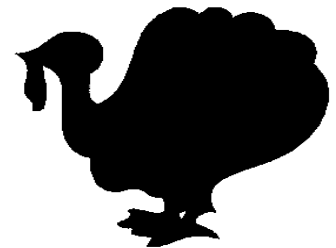
Monday, November 11: Veterans' Day
Thursday and Friday,
November 28 and 29: Thanksgiving

Youth Program Closures
Tuesday, November 5
Monday - Friday, November 25 - 29

Attention Members:
For medical emergencies, call 911 and immediately report incident to the front desk.
Thank You



Trip: Meow Wolf
Tuesday, November 19
Check In: 9:00 a.m., Return 4:30 p.m.
Please register at the front desk.



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

General Information

Please welcome Program Assistant, Mary Jo Church

Mary Jo was raised in El Paso and moved to NM in 1979 where she's had a successful career as a dental hygienist, entrepreneur, and professor. She enjoys spending time with family, especially her three grandsons, cooking, dancing, gardening, and reading. Mary Jo has been a dedicated volunteer at Manzano Mesa since January of this year. We are thrilled that she has become a permanent member of our team.

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.



Arts and Crafts

Beading

Monday 8 - 11:30 a.m.

Open Crafts

Monday 9 - 11:30 a.m.

Brilliance of Pastels

Beginning September 8

Monday 1 - 4 p.m.

For Details, Sharon Jensen

323-7522

Happy Hookers Crochet

Monday 1 - 3 p.m.

Instructor: Mary Kelly

Machine Quilters

Tuesday 8 - 12:30 p.m.

Instructor: Sharon

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*

*For all abilities

Friday 8:30 - 11:30 a.m.

Instructor: Lawanda

Music

Sing-A-Long

Tuesday 1 - 2:45 p.m.

Sports and Fitness
\$0.50 per class

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.

Fitness Area/Gym
16+ Years of Age

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

GEHM Clinic, Tuesday, November 26, 8:00 a.m. - 12:30 p.m.

Classes, Clubs and Groups

Clubs and Groups

Notre Dame Club of NM
1st Monday 5:30 - 6:45 p.m.

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 9:30 - 11:30 a.m.

Vietnamese Seniors
Saturday 9 - 12 p.m.

Libros
1st Saturday 9 - 12 p.m.

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.

Open Computer Lab*

*Times are subject to change
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.

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

Youth Program Events

November 13: Gravity Park

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.

November Lunch Menu

Lunch is served: 11:30 A.M. - 1 p.m. Monday - Friday

Reservations and a valid membership card 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
4. Pork Loin Rice Pilaf Cream Corn Cantaloupe	5. Breaded Catfish Succotash Red Potatoes Grapes	6. Lentil Soup Sweet Potatoes Cornbread PB and Celery	7. Pot Roast Peas White Rice Pear	8. Omelet Hash Browns Stewed Tomatoes Apple
11. Closed Veterans' Day	12. Ham Stew Biscuit White Beans Mixed Fruit	13. Lemon Tilapia White Rice Stewed Tomatoes Chocolate Cake	14. Meatballs Steak Fries Normandy Blend Sugar Cookie	15. Enchiladas Tortilla Rice and Beans Tapioca
18. Cajun Salmon Fettuccine Alfredo Baby Carrots Apple	19. Beef and Onions Sweet Potatoes Mixed Vegetables Banana	20. Chicken Posole Spanish Rice Calabacitas Vanilla Pudding	21. Riblet Sandwich Red Potatoes Corn Sliced Pears	22. Pasta Primavera Mexicorn Breadstick Cottage Cheese
25. Chicken Rosemary Potatoes Green Beans Mandarin Oranges	26. Carne Adovada Flour Tortilla Pinto Beans Grapes	27. Roasted Turkey Stuffing Baked Yams Pumpkin Cake	28. Closed Thanksgiving	29. Closed

Silver Horizons Food Pantry
Tuesday, November 12
2:30 - 4:30 p.m.

Aging and Long Term Services
Medicare Open Enrollment Assistance
Tuesday, November 26, 9:00 a.m. - 1:00 p.m.

DSA Advisory Council

For more information call 764-6469

Monday, November 18

Starting at Noon

Location: Barelmas Senior Center (764-6436)

If you are interested in applying to serve
on the council please visit:

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