



National Institute of Senior Centers

Manzano Mesa Multigenerational Center October 2019



Timothy Keller, Mayor



Anna Sanchez, Director

Location

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

Annual Membership

\$20.00

Closed: Annual Staff Retreat

Thursday, October 17

Hours of Operation

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



Coffee with the Director
Wednesday, October 16, 8:30 - 9:30 a.m.

Fall Festival
Saturday, October 26, 10 a.m. - 2 p.m.
Face Painting, Food, Games and Much More!
All Ages Welcome
Costumes Encouraged
Candy donations for the event are appreciated and accepted at the front desk throughout the month.

Please register for all trips at the front desk. Space is limited.

Trip: Balloon Fiesta Thursday, October 10, 5 - 8:00 p.m.	Trip: 50+ Expo Health Fair Wednesday, October 16, 9:15 a.m. - 12:15 p.m.
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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.

General Information

GEHM Clinic, Tuesday, October 1, 8 - 12:30 p.m.

Aging and Long Term Services, Thursday, October 24, 9 - 12:00 p.m.

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.

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

Open Computer Lab*

*Times are subject to change

Monday 9-11:30 a.m.

Tuesday 9-11:30 a.m.

Wednesday 1-2:45 p.m.

Thursday 9-11:30 a.m.

Friday 9-11:30 a.m.

NM Computer Society - Linux

2nd Thursday 7:15 - 8:45 p.m.

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.

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.

Veterans' Outreach, Tuesday, October 22, 9 - 3:00 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.

Youth Program

October Events

Animal Humane, October 2
Fall Break, October 10 & 11
McCall's Pumpkin Patch,
October 10

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

Vinyasa Flow, Levels 1 & 2
Tuesday 6 - 7 p.m.
Instructor: Hannah Earle

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 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.

Pickleball
Thursday 2 - 4 p.m.
Saturday 9 - 11 a.m.

Pickleball 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.

October 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
9/30. Fajitas Tortilla Ranch Beans Sliced Apples	1. Beef Stroganoff Penne Pasta Cauliflower Chocolate Pudding	2. Breaded Pollock Brown Rice Green Beans Cantaloupe	3. Minestrone Soup Corn Bread Mixed Vegetables Cottage Cheese	4. Carne Adovada Flour Tortilla Mexicorn Stewed Tomatoes
7. Steak Fingers Red Potatoes Succotash Mandarin Oranges	8. Sweet n Sour Pork White Rice Mixed Vegetables Pineapple	9. Frito Pie Mixed Vegetables Banana	10. Lemon Tilapia Brown Rice Stewed Tomatoes Tapioca	11. Chicken Soup Glazed Carrots Spinach Sliced Pears
14. Beef Pie Mashed Potatoes Cornbread Apple Crisp	15. Turkey Sandwich Yams Green Beans Orange	16. Spaghetti Breadstick Mixed Vegetables Pineapple	17. Closed Staff Retreat	18. Chicken Stew Pinto Beans Calabacitas Honeydew
21. Beef Tips Bowtie Pasta Brussel Sprouts Stewed Apples	22. Chicken Pot Pie Beets Peas Watermelon	23. Baked Potato Corn Black Eyed Peas Cottage Cheese	24. Salmon Orzo Pasta Mixed Vegetables Orange	25. Pork Carnitas Lime Rice Pinto Beans Apple Sauce
28. Cheeseburger Steak Fries Mixed Vegetables Chocolate Cake	29. Chicken Scalloped Potatoes Corn Grapes	30. Spinach Lasagna Breadstick White Beans Mixed Fruit	31. Meatloaf Mashed Potatoes Sliced Carrots Orange Jell-O	11/1. Sloppy Joe Fajita Blend Green Beans Apple

Silver Horizons Food Panty, Tuesday, October 15, 2:30 - 4:30 p.m.

DSA Advisory Council

For more information call 764-6469

Monday, October 21

Starting at Noon

Location: North Domingo Baca (764-6475)

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