



National Institute of Senior Centers

Manzano Mesa Multigenerational Center January 2020



Timothy Keller, Mayor



Anna Sanchez, Director

Location

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

Hours of Operation

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

Center Closures

January 1 and January 20

Special Events

20 for 20
Monday, January 13, 10 -11 a.m.
MMMC members and staff will gather to create personal lists of 2 to 20 items that we want to achieve in the New Year.

Annual Membership
\$20.00

Albuquerque Sister Cities International Tea
Saturday, January 18, 12 - 2:30 p.m.
For more information:
Email: VP2@albuquerque-sister-cities.org



Trip

Matinee at Movies 8
Wednesday, January 15, 11 - 3 p.m.
Please register at the front desk beginning January 7.

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

Bernalillo County Treasurer, Nancy Bearce
Property Tax Questions Answered
Thursday, January 9
11:30 a.m. - 1:00 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+

Teen Board Games

1st Friday 1 - 3 p.m.

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 and 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

Qi Gong

Saturday 10 - 11 a.m.

Open Computer Lab

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, January 6, 9 - 3 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

M2 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



Music

Sing-A-Long

Tuesday 1 - 2:45 p.m.

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.

ABQ Mountain Rescue
1st Wednesday
6:30 - 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.

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.

Friendship Coffee
Tuesdays, 10 - 11 a.m.

January Birthday
Celebration
Tuesday, January
10 - 11 a.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
Family Paint Night
Friday, January 24, 6 - 8 p.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

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 Tournament
Saturday, January 25
9 - 3 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.

January 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
		1. Closed	2. Smoked Chicken Au Gratin Potatoes Brussels Sprouts Red Apples	3. Breaded Cod Brown Rice Peas and Carrots Orange
6. Tilapia Orzo Pasta Chickpeas Tapioca Pudding	7. Beef Tips Mixed Vegetables Mashed Yams Honeydew	8. Turkey Stew Rosemary Potatoes Stewed Tomatoes Apple	9. Veggie Omelet Hash Brown Peppers and Squash Sliced Peaches	10. Salmon Brown Rice Peas Mixed Fruit
13. Salisbury Steak Sweet Potatoes Green Beans Yogurt and Granola	14. Chicken Posole Pinto Beans Calabacitas Mixed Fruit	15. Loaded Potato Mixed Vegetables Biscuit Apple Crisp	16. Roast Beef Mashed Potatoes Spinach Brownie	17. Roasted Pork Corn Stuffing Blueberry Crisp
20. Closed	21. Meatloaf Mashed Yams Corn Bread Pear	22. Beef Enchiladas Spanish Rice Pinto Beans Cantaloupe	23. Spinach Lasagna Breadstick Green Beans Celery and PB	24. Riblet Sandwich Brown Rice Broccoli Mixed Fruit
27. Chicken Mashed Potatoes Corn and Peppers Choco Chip Cookie	28. Carne Adovada Refried Pinto Beans Spanish Rice Apple	29. Pork Loin Fettuccine Mixed Vegetables Grapes	30. Minestrone Biscuit Sweet Potatoes Sliced Peaches	31. Italian Chicken Spaghetti Marinara Mixed Vegetables Cantaloupe

Silver Horizons Food Pantry TBA

DSA Advisory Council

For more information call 764-6469

January 27, 2020

Los Duranes Community Center

2920 Leopoldo Rd NW

767-5900

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