

January 2023

**Happy New Year!**

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit [cabq.gov/seniors](http://cabq.gov/seniors) or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs



**We will be closed on Monday, January 2, 2023 for New Years Day & on Monday, January 16, 2023 in observance of Martin Luther King Jr. day**

### **Center Hours**

**M-F: 8a-9p Sat: 9a-3p**

**Sun: Closed**

### **Center Staff**

Vacant, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

### **Special Dates &**

### **Announcements**

**1/02: CLOSED in observance of New Year's**

**1/16: CLOSED for MLK Day**

**1/26: OPEN HOUSE**

**1/26: SCLO: Landlord Tenant Law**

**1/27: TRIP: Holocaust Museum**

**1/28: TRIP: Matanza in Belen**

Accredited by   
National Institute of  
Senior Centers

**Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.**

**NEW**

## Beginning Watercolor Class

Interested in painting? This 6 week course will teach you the basics of water color techniques and styles.

**Space is limited.**

**Please sign up at the front desk.**



Class Begins  
Tuesday  
January 10, 2023  
1:00 - 3:00pm

**NEW**

## Learn to Draw with Tal

This drawing class will give you the tools and the knowledge to be able to start drawing. It will start you on a wonderful journey into the field of art. You will begin to see your drawing improve even from the first class.

The class is a 15-week course where we build on drawing concepts each week in order to give a complete overview of how to draw. You will be taken through easy step-by-step instructions that will give you the tools for understanding drawing and how to implement these tools and concepts.

The class is taught by an artist with over 30 years of teaching art, graphic design and illustration experience.



Class Begins  
Wednesday  
January 25, 2023  
1:30 - 3:00pm

**Space is limited.**  
**Sign up at front desk.**

## Fitness Equipment Orientation

### New Year, New You

Need help learning to use the Fitness Equipment properly? Call 505-275-8731 to schedule your appointment with Angie!



## The City of Albuquerque Senior Companion Program (SCP) Needs You!



AmeriCorps  
Seniors

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members.

All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of 10 hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage and meal reimbursements, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Get involved. Stay active. Make a difference for someone in need. Join SCP today. Call (505) 764-1007 for more information.

## Upcoming Trips:

### New Mexico Holocaust Museum



International Holocaust Remembrance Day

FRIDAY, JANUARY 27TH

CHECK IN: 12:00 PM  
RETURN: 3:30 PM

COST: \$4

Sign up at the front desk

### BELEN MATANZA

Entertainment,  
Activities &  
Bands



Saturday, January 28th

Check In: 8:00am

Return: 2:30pm

Cost: \$20

Sign up at the front desk.

### Monthly Birthday Party!

Celebrate your birthday with a slice of cake on us!!

Tuesday, January 17, 2022

11:30am - 12:30am

Sponsored by



### Senior Law Office Presentations

Landlord - Tenant Law

January 26, 2023

10:00am - 11:30am

Real ID & Driver's Licenses

February 22, 2023

10:00am - 11:00am

Sign up at the front desk.



### GEHM CLINIC

Students from the College of Nursing and Pharmacy provide clinic services: may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.



Tuesday, January 17th

8:30am - 12:00pm

### AARP Tax-Aide

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

Tax Season is Here! AARP will be providing free tax assistance to seniors starting on

Wednesday, February 1, 2023

to Monday, April 17, 2023

Starting Monday March 6th tax appointments will be available on Monday and Wednesday

Appointments are required. Call 311. Any questions? Ask the front desk.

## Monday

Fitness Room 8am - 8:45pm  
Billiards 8am - 3pm / 5:30pm - 8:45pm  
Table Tennis 8am - 3pm / 5:30pm - 8:45pm  
Aerobics 8:15am - 9:15am  
Beading 8:30am - 12pm  
Computer Lab 9am - 11:15am  
Line Dance: 9:15am - 11:15am  
Gentle Exercise 9:30am - 10:30am  
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)  
Zumba Gold 10:45am - 11:45am \$  
Happy Hookers 1pm - 3pm  
Volleyball 5:30pm - 8:30pm  
Yoga: Hatha Blend 6pm - 7:15pm \$  
Lions Club 6pm - 7:30pm (1st & 3rd)



## Tuesday

Fitness Room 8am - 8:45pm  
Billiards 8am - 3pm / 5:30pm - 8:45pm  
Table Tennis 8am - 3pm / 5:30pm - 8:45pm  
Computer Lab 9am - 11:15am  
Tai Chi 9am - 10am \$5.00  
Flex & Tone 8:15am - 9:15am  
Pottery 8:30am - 11:30am  
Line Dance: Intermediate 9:15am - 11:15am  
Pickleball Training 9:30am - 11:30am  
Shuffle Board 1:00pm - 4:00pm  
Line Dance: Intermediate 1:30pm - 3:30pm  
Badminton 5:30pm - 8:50pm  
Functional Fitness 6:30pm - 7:30pm  
Celtic Sessions Group 6:30pm - 8:30pm  
Personal Defense Club 7:30pm - 8:45pm



## Wednesday

Fitness Room 8am - 8:45pm  
Billiards 8am - 1pm / 5:30pm - 8:45pm  
Table Tennis 8am - 1pm / 5:30pm - 8:45pm  
Woodcarving 8am - 11:30am  
Aerobics 8:15am - 9:15am  
Computer Lab 9am - 11:15am  
Gentle Exercise 9:30am - 10:30am  
Meditation Group 10:10am - 11:10am  
Zumba Gold 10:45am - 11:45am \$  
Open Basketball 11:30am - 12:30pm  
Starter Line Dancing 12:15pm - 1:15pm  
Sing\_A-Long 1:30pm - 2:30pm (2nd Tuesday of Month)  
Pinochle 1pm - 4:30pm  
Line Dance: Beg/Improver 1:30pm - 4:00pm  
Yoga: Beginning 5:30pm - 6:30pm \$  
Senior Men's Basketball 6pm - 8:45pm



## Thursday

Fitness Room 8am - 8:45pm  
Billiards 8am - 3pm / 5:30pm - 8:45pm  
Table Tennis 8am - 3pm / 5:30pm - 8:45pm  
Flex & Tone 8:15am - 9:15am  
Tai Chi 9am - 10am \$5.00  
Pottery 9am - 1pm  
Pickleball Training 9:30am - 11:30am  
Open & Senior Men's Basketball 11:30am - 1:00pm  
Artist's Corner 1pm - 4pm  
Bingo 2pm - 4:00pm  
Pickleball 2pm - 4pm  
Badminton 5:30pm - 8:45pm  
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm  
Belly Dance 6pm - 8pm

## Friday

Fitness Room 8am - 8:45pm  
Billiards 8am - 3pm / 5:30pm - 8:45pm  
Table Tennis 8am - 3pm / 5:30pm - 8:45pm  
Aerobics 8:15am - 9:15am  
Computer Lab 9am - 11:15am  
Gentle Exercise 9:30am - 10:30am  
TOPS 10:00am - 11:30pm  
Open & Seniors Men's Basketball 11am - 1:00pm  
Badminton 1:00pm - 4:00pm  
Manzano Mesa Cloggers 5:00pm - 6:30pm  
Volleyball 5:30pm - 7pm  
Basketball 7pm - 8:45pm



## Saturday

Fitness Room 9am - 2:45pm  
Billiards 9am - 2:45pm  
Table Tennis 9am - 2:45pm  
Pickleball 9am - 12pm  
Project Linus 9am 12pm (2nd Saturday)  
Laughter Yoga 9am - 10am  
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)  
Cherokees of NM 12pm - 2:45pm (3rd Saturday)  
Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Closed in Observance of New Year's Day</b>	3 ♦ Beef Tips w/Gravy/Pasta ♦ Green Peas ♦ Bread Stick ♦ Greek Yogurt ♦ 1% Milk 	4 ♦ Omelet w/Cheese/Veggies ♦ Diced Red Potatoes ♦ Peach Cobbler ♦ 1% Milk 	5 ♦ Turkey Pot Pie ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	6 ♦ Pork chop with Rice ♦ Seasonal Vegetable ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
9 ♦ Baked Tilapia ♦ Collard Greens ♦ Corn Bread ♦ Cookie ♦ 1% Milk 	10 ♦ Chicken Alfredo w/Green Chile ♦ Sliced Carrot ♦ Steamed Broccoli ♦ Seasonal Fruit ♦ 1% Milk 	11 ♦ Roast Beef w/Brown Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	12 ♦ Sweet and Sour Pork ♦ Brown Fried Rice ♦ Stir Fry Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	13 ♦ Pasta Primavera ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 
16 <b>Closed for Martin Luther King Day</b>	17 ♦ Green Chile Chicken Posole ♦ Fajita Blend ♦ Cabbage ♦ Vanilla Pudding ♦ Flour Tortilla ♦ 1% Milk 	18 ♦ Baked Ziti ♦ Green Beans ♦ Breadstick ♦ Seasonal Fruit ♦ 1% Milk 	19 ♦ Roasted Pork Loin ♦ Seasonal Vegetable ♦ Brussel Sprouts ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	20 ♦ Sloppy Joes ♦ Tater Tots ♦ Broccoli ♦ Seasonal Fruit ♦ 1% Milk 
23 ♦ Chicken Parmesan ♦ Ancient Grain ♦ Cauliflower ♦ Mandarin Orange ♦ 1% Milk 	24 ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Mixed Fruit ♦ 1% Milk 	25 ♦ Cheeseburger ♦ French Fries ♦ Bell Pepper & Onions ♦ Banana ♦ 1% Milk 	26 ♦ Baked Cod ♦ Lemon Butter Orzo ♦ Spinach & Onions ♦ Applesauce ♦ Dinner Roll ♦ 1% Milk 	27 ♦ Cheese Omelet & Hash Browns ♦ Stewed Tomatoes ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
30 ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	31 ♦ Green Chile Beef Enchiladas ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	2 ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 275-8731 to make your reservation by 1:00pm the day prior.

*You are Invited To*  
**MANZANO MESA  
MULTIGENERATIONAL CENTER'S**



**Yoga  
Tai Chi  
Aerobics  
Gentle Exercise  
Flex & Tone  
Zumba**

**Line Dancing  
Pickleball  
Volleyball  
Badminton  
Basketball**



**OPEN  
HOUSE**

**THURSDAY,  
JANUARY 26, 2023  
9:30AM - 11:30AM**

**LEARN WHAT  
ACTIVITIES AND  
EVENTS THE CENTER  
HAS TO OFFER YOU**



**Pottery  
Woodcarving  
Watercolor  
Drawing**



**Trips  
Family Nights  
Teen Nights**