

## December 2021

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,  
Anna Sanchez, Director



### Center Hours

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

### Center Staff

Natasha Montoya,  
Center Manager  
David Goode, Center Supervisor  
Esperanza Molina, Coordinator  
Marissa Gonzales,  
Office Assistant  
Brenda Carroll,  
Program Assistant  
Angie Martines,  
Recreation Assistant  
James Dever, Cook  
Maria Dominguez, Kitchen Aid  
Brandi Bahe, General Services  
Monica Rosales, General Services

### Special Dates & Announcements

**12/10: Family Night - Elf & More**  
**12/24: Center Closed**  
**12/25: Holiday Luncheon Highland**  
**12/31: Center Closed**



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.**

## 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: Beginning 9:15am - 11:15am  
 Gentle Exercise 9:30am - 10:30am  
 Friendship Coffee 9:30am - 10:30am (2nd Monday)  
 Zumba Gold 10:45am - 11:45am  
 Happy Hookers 1pm - 3pm  
 Badminton 1pm - 4pm  
 Volleyball 5pm - 7pm  
 Yoga: Hatha Blend 6pm - 7:15pm  
 Lions Club 6pm - 7:30pm



## Tuesday

NEW Walking Group 8:30am Front Entrance  
 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  
 Flex & Tone 8:15am - 9:15am  
 Pottery 8:30am - 11:30am  
 Line Dance: Intermediate 9:15am - 11:15am  
 Pickleball Training 9:30am - 11:30am  
 Line Dance: Intermediate 1:30pm - 3:30pm  
 Badminton 6pm - 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 - 8:45 pm  
 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  
 Pinochle 1pm - 4:30pm  
 Line Dance; Beg/Improver 1:30pm - 4:00pm  
 Yoga: Beginning 5:30pm - 6:30pm  
 Senior Men's Basketball 5:30pm - 8:45pm



## Thursday

NEW Walking Group 8:30am Front Entrance  
 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  
 Pottery 9am - 1pm

Computer Lab 9am - 11:15am  
 Pickleball Training 9:30am - 11:30am  
 Open & Senior Men's Basketball 11:30am - 1:00pm  
 Artist's Corner 1pm - 4pm  
 Pickleball 2pm - 4pm  
 Badminton 5:30pm - 8:45pm  
 Wise Women Belly Dance 6:15pm - 7:15pm

## 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 9:30am - 12pm  
 Open & Seniors Men's Basketball 11am - 1pm  
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)  
 Line Dancing: Intermediate 1:30pm - 3:30pm  
 Volleyball 5pm - 7pm  
 Kendo Kai 6:30pm - 8:30pm  
 Basketball 7pm - 8:45pm

## Saturday

Fitness Room 9am - 2:45pm  
 Billiards 9am - 2:45pm  
 Table Tennis 9am - 2:45pm  
 Pickleball 9am - 11am  
 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)  
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)



**Manzano Mesa Multigenerational Center Monthly Lunch Menu**



**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.**



# December 2021

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/Green Chile Gravy</li> <li>◆ Corn</li> <li>◆ Mashed Potatoes</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey Tetrazzini</li> <li>◆ Brussel Sprouts</li> <li>◆ Peach Cobbler</li> <li>◆ Breadstick</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Tilapia w/Lemon and Tartar Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Green Beans</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Parnesan w/ Mozzarella</li> <li>◆ Carrots</li> <li>◆ Breadsticks</li> <li>◆ Fruit cup</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Diced Pork w/Gravy</li> <li>◆ Brown Rice</li> <li>◆ Oriental Blend</li> <li>◆ Dinner roll w/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% Milk</li> </ul>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<ul style="list-style-type: none"> <li>◆ Beef Stir-Fry</li> <li>◆ Butter Noddle</li> <li>◆ Fortune Cookies</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheese Omelet w/Peppers &amp; Onions</li> <li>◆ Stewed Tomatoes</li> <li>◆ Spinach</li> <li>◆ Apple Sauce</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork Tamales/Red Chile</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Vegetable</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Lemon Baked Salmon</li> <li>◆ White Rice</li> <li>◆ Seasonal Vegetable</li> <li>◆ Dinner roll w/Margarine</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/Spaghetti Sauce/Mushrooms</li> <li>◆ Seasonal Vegetable</li> <li>◆ Breadstick</li> <li>◆ Pineapple Chunks</li> <li>◆ 1% Milk</li> </ul>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<ul style="list-style-type: none"> <li>◆ Came Adovada/Red Chile</li> <li>◆ Spanish Rice</li> <li>◆ Corn w/ red peppers</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey and Brown Rice/Gravy</li> <li>◆ Green Beans</li> <li>◆ Cauliflower</li> <li>◆ Apricots</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Mashed Potatoes</li> <li>◆ Diced Beets</li> <li>◆ Mixed Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Sloppy Joe: Hamburger Bun</li> <li>◆ Roasted Green &amp; Red Bell Peppers</li> <li>◆ Rosemary Potato</li> <li>◆ Fruit cup</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Macaroni &amp; Broccoli: Pasta/Broccoli/Cheese</li> <li>◆ Spinach</li> <li>◆ Cherry Cobbler</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<ul style="list-style-type: none"> <li>◆ Baked Cod Fish/Tartar Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Carrots</li> <li>◆ Jell-O w/Mixed Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheeseburger/Chopped Lettuce/Tomato/Onions</li> <li>◆ Baked Beans</li> <li>◆ Normandy Blend Vegetables</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Green Chile Chicken Tamale</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Ham w/Pineapple Glaze</li> <li>◆ Mash Potato</li> <li>◆ Mixed Vegetables</li> <li>◆ Holiday Dessert</li> <li>◆ 1% Milk</li> </ul>	<p><b>Closed Holiday Christmas Day</b></p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<ul style="list-style-type: none"> <li>◆ Texas Chili: Ground Beef, Kidney Bean</li> <li>◆ Corn Bread/Margarine</li> <li>◆ Succotash</li> <li>◆ Diced Pears</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Asian Diced Beef w/Peppers</li> <li>◆ Rice Pilaf</li> <li>◆ Oriental Vegetable Blend</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Breaded Cod w/ Tartar Sauce</li> <li>◆ Crinkle Cut Fries/Ketchup</li> <li>◆ Peas &amp; Carrots</li> <li>◆ Jell-O w/ Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Roasted Lemon Chicken</li> <li>◆ Sweet Potato</li> <li>◆ Blackeye Peas</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul>	<p><b>Closed Holiday New Year Day</b></p>

**Please join us Monday-Friday 8:00am-9:00am for breakfast.**

## Free Holiday Cooking Classes

Join our registered dietitian and enjoy a new and easy holiday recipe. Demo and samples included. Chipotle Pumpkin Hummus, Tabbouleh Salad, & Black Bean Brownies

**Tuesday, December 21**

**10:00am-11:00am**

 **PRESBYTERIAN**



## Papel Picado



Come learn the art of paper cutting. Space is limited. Please sign up at the front desk.

**December 15, 5:30pm-7:30pm**

## Annual Senior Holiday Donation Drive

The annual drive provides critical needs for Albuquerque's homebound older adult population. Examples of items needed **are new towels, toiletries, personal hygiene products, adult diapers, warm winter socks, gloves, hats, laundry soap, blankets, pillows, and low sodium or sugar free snacks.** You can drop off donations at any of our senior or multigenerational centers until December 31



## Gone Phishing: Avoiding Online Scams



Learn to better protect yourself on the internet, including how to spot scams, phishing emails, and fraud. Older adults are often targeted for scams, but this class will give you some tools to protect your computer and personal information while you are online.

**Tuesday, December 7th**

**10:00 am - Noon**



## Christmas Luncheon Returns!

With much excitement, we are looking forward to hosting our annual Holiday Luncheon on Saturday, December 25 at Highland Senior Center. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited! Please visit with Highland Senior Center staff to reserve your space. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!



## Upcoming Trips



### Old Town Stroll

Set the holiday season in motion with entertainment, dining, shopping and more!

**Friday, December 3,**

Check In: 3:45pm Return: 8:00pm

Sign up at the front desk

## Special Thanks to our Sponsors!



# MMMC Youth Program

## TRADITION SERIES TORTILLA MAKING

In the month of November, we passed the tradition of tortilla making from one generation to another with our Youth Program! We wanted to share our tortilla making memories with our community! Tortillas are a great activity to help kids learn to cook as well as they are delicious to pair with any local honey, jam, or even green chili. Tortillas are perfect to make for winter time soup and a New Mexican favorite of green chili stew.



# FAMILY Activity & Movie Night!

MANZANO MESA  
MULTIGENERATIONAL CENTER

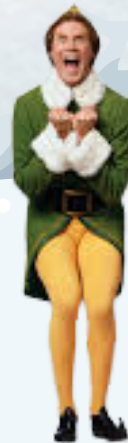
FRIDAY

DECEMBER 10

5:00PM

FEATURING

elf



MEET SANTA -COOKIE DECORATING -  
HOT CHOCOLATE BAR-  
PAJAMA'S ENCOURAGED

ENTRY FEE IS FREE - GET YOUR TICKETS AT FRONT DESK  
501 ELIZABETH, 87123- (505)-275-8731

