

October 2021

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,
Anna Sanchez, Director



Join us for October's Family Night!

Happy HALLOWEEN

Jack-o-Lantern Jubilee

*Join us for a great night of
Pumpkin painting/Carving
Face Painting
Arts & Crafts
Costume Contest for Kids & Families
Treats for all!*

*Manzano Mesa Multigenerational Center
Thursday October 28th
5:30 - 7:30pm*

We will be closed Monday October ,11th in
Observance of Indigenous People's Day



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
 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

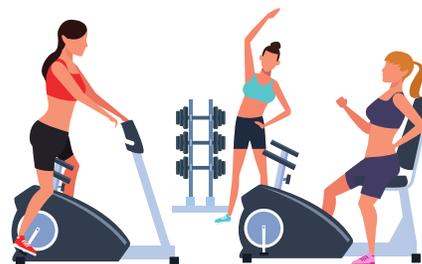
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 Tai Chi 9am - 10am
 Pottery 9am - 1pm
 Computer Lab 9am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 1:00pm
 Artist's Corner 1pm - 4pm
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Wise Women Belly 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
 Cherokees of NM 12pm - 2:45pm (3rd Saturday)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)



MANZANO MESA
MULTIGENERATIONAL CENTER
501 ELIZABETH SE 87123

TEEN VOLLEY BALL



FRIDAY OCTOBER 15,
2021

6:00 - 8:00pm

Chicken Wings, Chips & Sodas
will be served.

Walking Group

Meet us at the front entrance
for fun and exercise.

Tuesday & Thursday 8:30am



Prime Time Expo

Speaking sessions, Health
Screenings, & More



October 13, 8:00am - 1:30pm
Sign up at front desk!



Wellness Day at Mazano

Flu Shots available

Wednesday, October 22

9:00am - 1:00pm

Sponsored by UNM Pharmacy

Monthly Birthday Party!

Come Celebrate with us!
3rd Tuesday of the Month

10:00am - 11:00am



ONE ALBUQUE ROQUE

Department of Senior Affairs
2ND ANNUAL POOL TOURNAMENT

Tuesday, November 16, 2021
9am-5pm
Los Volcanes Senior Center
6500 Los Volcanes Rd. NW 87121



\$10 Dollar Entry Fee
Must have current membership
Space is limited, call 505-767-5999 to register

Sponsored by:



Prime Time Publishing

Friendship Coffee

A cup of coffee shared with a friend is happiness tasted and time well spent.

**2nd Monday
9:30am-10:30am**



Holiday Nutrition & Cooking Classes

Registered dietitian will show us how to make some easy holiday recipes, Each Class will have a demo and samples
**November 2nd & December 21st
10:00am-11:00am**

Presented by: Presbyterian
Please Sign Up at the front desk



Bible Study

Join us on Thursday
10am-11:00am

Tai Chi

Join us on
**Tuesday & Thursday
9:00am-10:00am**



Friendly Reminder

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

**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.**



October



MONDAY

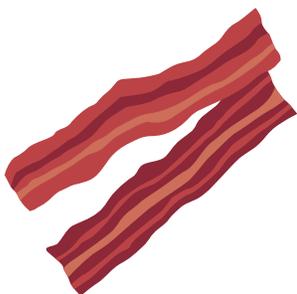
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4. Chicken Fajitas Flour tortillas Ranch beans Hot sliced apples 1% Milk	5. Beef stoganoff & Pasta Cauliflower w/Red Peppers Bread stick	6. Omelet w/Fajita blend Stewed tomatoes Tater tots Orange	7. Minestrone soup w/ Navy beans Corn bread Malibu blend	8. Lemon pepper tilapia Rice pilaf Calabacitas Cookie
11. CLOSED INDIGENOUS PEOPLE'S DAY	12. Sweet & sour pork w/White rice Oriental blend Pineapple upside down cake	13. Frito pie (Beef, pinto beans, cheese, onion) Fritos Normandy blend	14. Fish nuggets w/Tartar sauce Crinkle cut fries Carrots & peas Pudding	15. Chicken & rice soup Cherry cobbler Spinach Crackers
18. Cottage pie (Ground beef, mashed potato, peas & carrots) Corn bread	19. Open faced turkey sandwich w/Gravy Yams Green beans	20. Spaghetti marinara w/Squash Breadstick Malibu blend	21. Salisbury steak w/Gravy White rice Peas Jell-O w/Fruit	22. Green chile stew Flour tortilla Pinto beans Calabacitas
25. Beef Tips over pasta w/Gravy Brussel sprouts Peach cobbler 1% Milk	26. Chicken pot pie w/Biscuit Diced beets Ancient grain Mixed fruit	27. Baked potato w/Broccoli, cheese, & sour cream Corn	28. Salmon w/Garlic butter Orzo pasta Normandy blend Orange	29. Meat loaf w/Gravy Mashed potatoes Sliced carrots Jell-o w/Fruit



Breakfast Is back!

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



MANZANO MESA PRESENTS

TRADITION SERIES

LEARN THE HISTORY & MEANING BEHIND
OFRENDAS. LEARN TO MAKE PAPEL PICADO

Build Your Own Ofrenda

Saturday, October 16th

9:30am-1:30pm

Space is Limited

Call or sign up at the front desk

*Please bring a shoebox or gift box



Papel Picado

Come learn the art of paper cutting.

Wednesday, December 15th

Space is Limited

Call or sign up at front desk

5:30pm - 7:30pm



Community Ofrenda

Tuesday, October 12th

8:30am-10:30am

Help create our center's
ofrenda by honoring your
ancestors with their
pictures.



MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH 87123

505.275.8731