

PLEASE JOIN US FOR

AN UNDER THE

# Sea Dance

MONDAY, APRIL 29  
2024

Please sign up at the  
front desk!

or

Call (505)275-8731



## Center Hours

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

Sun: Closed

## Center Staff

**Brittani Torres, Center Manager**

**Esperanza Molina, Center**

**Supervisor**

**Vacant, Coordinator**

**Josephine Griego, Coordinator**

**Vacant, Office Assistant**

**Katherine Jimenez,**

**Alexia Watson-Gallegos,**

**Alex (James) Torres**

**Program Assistants**

**Vacant,**

**Recreation Assistant**

**Leroy Chambers, Cook**

**Maria Dominguez, Kitchen Aid**

**Monica Rosales, General Services**

**Leon Mascarenas, General Services**

**Andre Valdez, General Services**

## Special Dates & Announcements

4/3: TRIP-Rise and Roast

4/3: National Walk Day

4/10: TRIP-Santa Fe Cemetery Trip

4/11: National Pet Day

4/12: Movie in the Lobby

4/16:GHEM Clinic

4/17: Golden Corral

4/19: Senior Tech Connect

4/22: Earth Day

4/23: World Book Day Book Swap

4/26: TRIP-Gathering of the Nations

4/26: Defensive Driving

4/26: Teeniors

4/29: Under the Sea Dance

4/30:GEHM Clinic

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.**

## 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, April 16, 2024**

**Tuesday, April 30, 2024**

**9:00am-12:00pm**

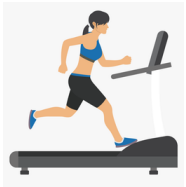


## Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more

information



## Congratulations

### Esperanza (Espie)!

Please join us in congratulating our new Center Supervisor Esperanza Molina (Espie). Espie has been the Youth Program Coordinator for 2 years at Manzano Mesa, and was a Youth Recreation Leader for 7 years also at Manzano Mesa. She has a degree in Psychology with a Minor in Communications from the University of New Mexico. She is very excited to start her new chapter.



## FREE WORKSHOP!



Teeniors\* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology, while providing paid, meaningful jobs for youth in N.M.!

**April 26, 2024**

**4:00pm-6:00pm**

**Call 505-275-8731 to schedule  
your appointment**



**April 26, 2024**

**1:00pm -5:00pm**

**AARP Members: \$20.00**

**Non-Members: \$25.00**

**SIGN UP AT THE FRONT DESK**

**Pynt: Cash/check to instructor in class**

**Bring Drivers License & AAARP Membership Card**



## Movie in the Lobby

**Friday, April 12, 2024**

**10:00am**

### The Parent Trap

**Sign up at the front  
desk**



## Rise + Roast

Wednesday, April 3, 2024

**Check in: 9:00am**

**Depart: 9:15am**

**Return: 11:00am**

At own expense

Sign up at the front desk



## Rail Runner trip to Santa Fe National Cemetery

Wednesday, April 10, 2024

**Check in: 8:30am**

**Depart: 8:45am**

**Return: 2:30am**

At own expense

Sign up at the front desk



## Golden Corral

Wednesday, April 17, 2024

**Check in: 10:45am**

**Depart: 11:00am**

**Return: 1:00pm**

At own

expense

Sign up at the front desk



## Gathering of Nations Pow Wow

Friday, April 26, 2024

**Check in: 9:15am**

**Depart: 9:30am**

**Return: 4:00pm**

At own expense

Sign up at the front desk



## NATIONAL PET DAY



Join us for Pet Adoptions and a presentation from Zoo to You

**THURSDAY,  
APRIL 11TH**

**10:00 A.M.  
11:30 A.M.**

## WORLD BOOK DAY BOOK SWAP



Bring a book to trade with your fellow members!


























**TUESDAY,  
APRIL 23RD**

**10:00 A.M.  
11:30 A.M.**



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Salisbury steak w/gravy ♦ Roasted redskin potatoes ♦ Malibu blend vegetables ♦ Fruit mix ♦ 1% milk 	2 ♦ Rotisserie chicken ♦ Brown rice ♦ Beets ♦ Dinner roll w/margarine ♦ Banana  ♦ 1% milk	3 ♦ Turkey chef salad ♦ Orzo pasta w/red peppers ♦ Croissant ♦ Tapioca pudding ♦ 1% milk 	4 ♦ Bean & cheese burrito topped w/red chile and cheese ♦ Collard greens ♦ Calabacitas ♦ Apple ♦ 1% milk 	5 ♦ Garlic tilapia ♦ Pasta w/diced tomatoes ♦ Green beans ♦ Grapes ♦ 1% milk 
8 ♦ Sloppy joe ♦ Ranch beans ♦ Mixed vegetables ♦ Yogurt ♦ 1% milk 	9 ♦ Diced pork w/BBQ sauce ♦ Butter parsley and red potatoes ♦ Steamed carrots ♦ Peaches  ♦ 1% milk	10 ♦ Turkey fajitas w/tortilla ♦ Spanish rice ♦ Mexi-corn ♦ Chocolate pudding ♦ 1% milk 	11 ♦ Egg salad sandwich ♦ Cucumber, tomato, red onion ♦ 3 bean salad ♦ Honey dew ♦ 1% milk 	12 ♦ Breaded cod w/tartar sauce ♦ Orzo pasta w/ black olives ♦ Green beans ♦ Chocolate cake ♦ 1% milk 
15 ♦ Carne adovada ♦ Tortilla ♦ Spinach ♦ Pinto beans ♦ Tapioca pudding ♦ 1% milk 	16 ♦ Baked chicken ♦ Mashed potatoes ♦ Collard greens ♦ Dinner roll w/margarine ♦ Banana  ♦ 1% milk	17 ♦ Beef patty w/mushroom and Swiss ♦ Mixed vegetables ♦ Cauliflower ♦ Orange ♦ 1% milk 	18 ♦ Denver omelet ♦ Stewed tomato ♦ Diced potatoes ♦ Pear ♦ 1% milk 	19 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Garlic breadstick ♦ Green apple  ♦ 1% milk
22 ♦ Frito pie ♦ Imperial blend vegetables ♦ Corn chips ♦ Orange ♦ 1% milk 	23 ♦ Bratwurst with onion and peppers ♦ Hoagie roll ♦ Baked beans ♦ Diced potatoes ♦ White cake  ♦ 1% milk	24 ♦ Pork loin ♦ Black eyed peas ♦ Brown rice w/red peppers ♦ Cookie ♦ 1% milk 	25 ♦ Baked ziti w/mozzarella cheese ♦ Mixed vegetables ♦ Garlic breadstick ♦ Apple sauce ♦ 1% milk 	26 ♦ Beef tips w/noodles ♦ Malibu blend vegetables ♦ Peach crumble ♦ Dinner roll w/margarine  ♦ 1% milk
29 ♦ Chicken tender w/BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk 	30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk 	1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk 	2 ♦ Southwest omelet w/red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.  
Please call 505-275-8731 to make your reservation by 1:00pm the day prior.

## Monday

Fitness Room 8:00am - 8:45pm  
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm  
 Table Tennis 8:00am - 4:30pm and 5:30pm - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Beginner Line Dance: 9:15am - 11:15am  
 Gentle Exercise 9:30am - 10:30am  
 Zumba Gold 10:45am - 11:45am \$  
 Mah Jong 11:00am - 2:30pm  
 Happy Hookers 1:00pm - 3:00pm  
 Mixed Media Art Class 1:00pm - 4:00pm  
 Badminton 1:30pm - 3:30pm  
 Volleyball 5:30pm - 8:30pm  
 Line Dance 6:00pm - 8:00pm  
 Yoga: Hatha Blend 6:00pm - 7:15pm \$



## Tuesday

Fitness Room 8:00am - 8:45pm  
 BTable Tennis 8:00am - 4:30pm and 5:30pm - 8:45pm  
 Table Tennis 8am - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Tai Chi 9:00am - 10:00am \$  
 Flex & Tone 8:15am - 9:15am  
 Pottery 9:00am - 1:00pm  
 Line Dance: Intermediate 9:15am - 11:15am  
 Pickleball Training 9:30am - 11:30am  
 Friendship Coffee 9:00am - 12:00pm  
 Shuffle Board 1:00pm - 4:00pm  
 Badminton 5:30pm - 8:30pm  
 Clogging: Starter to Intermediate 5:45pm - 7:45pm  
 Functional Fitness 6:30pm - 7:30pm  
 Celtic Sessions Group 6:00pm - 8:00pm  
 Personal Defense Club 7:30pm - 8:30pm



## Wednesday

Fitness Room 8:00am - 8:45 pm  
 Billiards 8:00am - 8:45pm  
 Table Tennis 8:00am - 4:30pm and 5:30pm - 8:45pm  
 Woodcarving 8:00am - 11:30am  
 Computer Lab 8:00am - 8:45pm  
 Gentle Exercise 9:30am - 10:30am  
 Line Dance: Starter 9:30am - 10:30 am  
 Meditation Group 10:00am - 11:00am  
 Zumba Gold 10:45am - 11:45am \$  
 Open Basketball 12:00am - 1:30pm  
 Starter Line Dancing 9:30am - 10:30am  
 Pinochle 1:00pm - 4:00pm  
 Badminton 1:30pm - 3:30pm  
 Line Dance: Beg/Improver 1:30pm - 3:30pm  
 Yoga: Beginning 5:30pm - 6:30pm \$  
 Senior Men's Basketball 6:00pm - 8:45pm  
 Albuquerque Astronomical Society 7:00pm - 8:45pm  
 (1st & 3rd Wednesday)



## Thursday

Fitness Room 8:00am - 8:45pm  
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm  
 Table Tennis 8:00am - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Flex & Tone 8:15am - 9:15am  
 Tai Chi 9:00am - 10:00am \$  
 Bible Discussion - 10:00am - 11:00am  
 Pottery 9:00am - 1:00pm  
 Quilting 9:00am - 1:00pm (Last Thursday of Month)  
 Mental Health Support Group 9:00am - 10:30am  
 Pickleball Training 9:30am - 11:30am  
 Friendship Coffee 11:00am - 1:00pm  
 Open & Senior Men's Basketball 11:30am - 12:30pm  
 Artist's Corner 1:00pm - 4:00pm  
 Bingo 2:00pm - 4:00pm  
 Pickleball 1:00pm - 4:00pm  
 Badminton 5:30pm - 8:45pm  
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

## Friday

Fitness Room 8:00am - 8:45pm  
 Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm  
 Table Tennis 8:00am - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Gentle Exercise 9:30am - 10:30am  
 TOPS 10:00am - 11:30am  
 Shuffleboard 10:30am - 1:30pm  
 Badminton 1:30pm - 3:30pm  
 Volleyball 5:00pm - 7:00pm  
 Basketball 7:00pm - 8:45pm



## Saturday

Fitness Room 9:00am - 2:45pm  
 Billiards 9:00am - 2:45pm  
 Table Tennis 9:00am - 2:45pm  
 Pickleball 9:00am - 12:00pm  
 Libros 9:00am - 1:00pm (1ST SATURDAY)  
 Project Linus 9:00am 12:00pm (2nd Saturday)  
 Laughter Yoga 9:00am - 10:00am  
 Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)  
 Cherokees of NM 12:00pm - 2:45pm (1st Saturday)  
 Magic Club 12:00pm - 3:00pm (3rd Saturday)  
 Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)  
 Belly Dance 11:00am - 12:00pm \$



ONE ALBUQUE RQUE senior affairs

# NATIONAL Walk Day

JOIN US FOR A WALK IN THE PARK



# 50+ SENIOR TECH CONNECT



A chance for older adults to explore today's technology

MANZANO MESA MULTIGENERATIONAL CENTER

APRIL 19, 2024

8:30am - 12:30pm



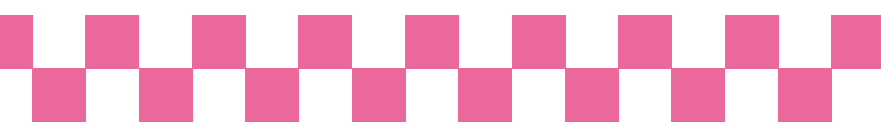
Prizes & Fun Refreshments Demonstrations Hands-on Learning No need to register. Just come! For more information call

(505)275-8731

ONE ALBUQUE RQUE senior affairs

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TEENIORS technology team empowering seniors



# INTERNATIONAL DAY



10:00 AM-2:00PM

SATURDAY, MAY 18, 2024

Join us in celebrating older Americans, families, mothers and grandmothers.



# CINCO de MAYO

MONDAY, MAY 6, 2024

10:30AM-11:30 AM

JOIN AND CELEBRATE WITH US BY ENJOYING SNACKS AND A MARIACHI PERFORMANCE

SIGN UPS ARE AT THE FRONT DESK

