

August 2025 Newsletter

Coffee with Constituents

THURSDAY, AUGUST 14, 2025

9:30AM - 10:30AM

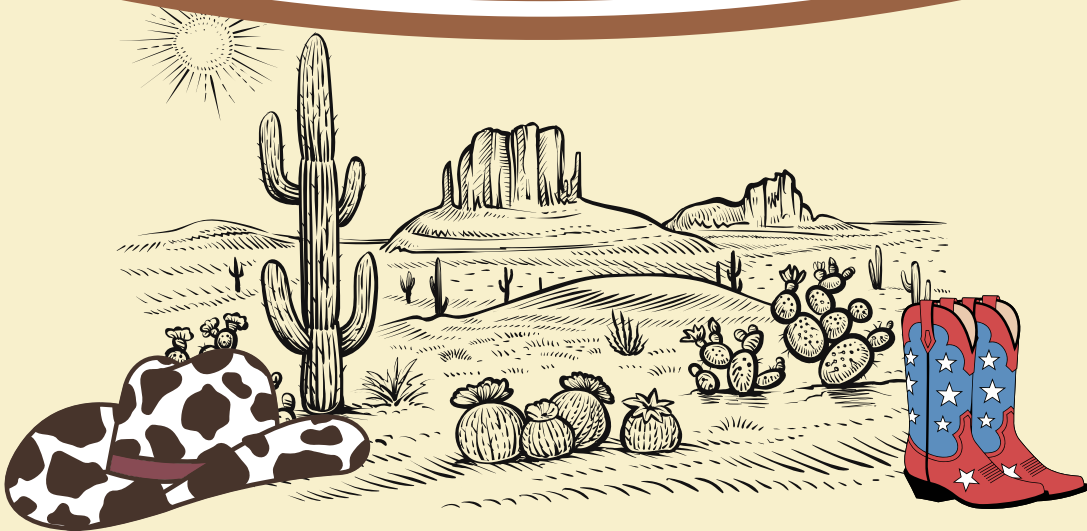
**Join Director Sanchez for
coffee in the Social Hall**



BOOTS AND BLING DANCE

August 28, 2025 1:30pm-3:00pm

Paul Pino and the Tone Daddy's



CENTER HOURS

M-F: 8AM-9PM

SAT: 9AM-3PM

SUN: CLOSED

Center Staff

Center Manager
Brittani Torres

Center Supervisor
Esperanza Molina

Coordinators
Josephine Griego
Suzanne Reyes

Program Assistants
Katherine Jimenez,
Alexia Watson-Gallegos,
Joshua Zuniga

Cook
Leroy Chambers

Kitchen Aid
Maria Dominguez

General Services
Monica Rosales
Leon Mascarenas
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

8/4: National Cookie Day

8/6: Open House

8/7: Live Music During Lunch

8/8: Trip: Aquarium/Dog
House

8/12: GHEM Clinic

8/12: Self-Serve Health Kiosk

8/14: Coffee With
Constituents

8/14: Brain Games

8/15: Mystery Movie Day

8/19: Cheesecake Factory

8/21: Digital Literacy

8/22: Road Runner Food Bank

8/28: Tech Bingo

8/28: Homecoming Dance

8/29: AARP

NEW 60+ Gaming Room

Check out our new 60+ E-Gaming Room in Room

1. It is fully equipped with televisions and 2 gaming consoles. It will have structured play time for different Nintendo Switch Games.

Check with the front desk with scheduled daily activities.



August 29, 2024

1:00pm-5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK



Pyemt: Cash/check to instructor in class

Bring Drivers License & AARP Membership Card

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



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, August 12, 2025

9:00am-12:00pm

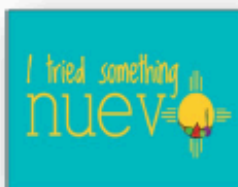
Self-Serve Health Kiosk

Regular health checks are essential for ensuring overall wellness. Stay proactive and informed, check out the Self Service Health Kiosk at the front desk. Every 2nd Tuesday of the Month.



Tuesday, August 12, 2025


























9:00am-11:00am



AUGUST 2025

**ONE
ALBUQUE
RQUE**

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
28 Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	29 Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	30 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	31 Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	1 Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4 Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	5 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	6 Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	7 Veggie Green Chile Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	8 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	12 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	13 Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	14 Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	15 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18 Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	19 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	20 Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	21 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	22 Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25 Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	26 Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	27 Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	28 Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	29 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 

Lunch:

Monday-Friday, 11:30-1:00

Reservations are required the previous day prior to 1:00 pm.
You may call in your reservation or reserve in person. Please arrive for you lunch by 12:30 pm. Menu items subject to change.

Manzano Calendar & Events

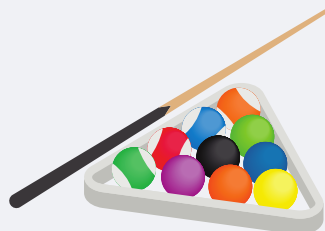
Monday

Fitness Room 8:00am - 8:45pm
Aerobics 8:15am -9:15am
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Beginner Line Dance: 9:30am - 11:30am
Gentle Exercise 9:30am - 10:30am
Zumba Gold 10:45am - 11:45am \$
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
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
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Tech Bingo (Last Tuesday a Month) 10:00am - 11:00am
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:30pm - 2:30pm (1st Tuesday)
Badminton 6:00pm - 8:45pm
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 - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am-9:15am
Computer Lab 8:00am - 8:45pm
Guitar Group 10:00am - 12:00pm
Gentle Exercise 9:30am - 10:30am
Line Dance: Starter 9:30am - 10:30 am
Zumba Gold 10:45am - 11:45am \$
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Qigong 4:00pm-5:30pm
Yoga: Beginning 6:00pm - 7:00pm \$
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-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Bible Discussion - 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Artist Corner 1:00pm - 4:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
Tech Thursday 10:00am - 11:00am (Last Thurs)
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:00pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Aerobics 8:15am -9:15am
Hula Hoop Group 9:00am - 10:00am (check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 12:00pm
Meditation 10:00am - 11:00am
Shuffleboard 10:30am - 1:30pm
Badminton 2:30pm - 4:30pm (*Canceled on Roadrunner Day)
Volleyball 5:30pm - 7:30pm
Basketball 7:45pm - 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 - 2:45pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Wise Woman Belly Dance 11:00am-12:00pm
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Magic Club 12:00pm - 2:24pm (3rd Saturday)
Ladies Travel Group 1:00pm - 2:30pm
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

*All classes subject to change

Aquarium & Lunch at the Dog House

Friday, August 8, 2025

Check in: 8:45am

Depart: 9:00am

Return: 2:00pm

>65: 10.00

65+: 5.50

***Food is at your own expense**



CheeseCake Factory.

Tuesday, August 19, 2025

Check in: 10:45 am

Depart: 11:00 am

Return: 2:00 pm

***Food is at your own expense**



Mystery Movie Day

Friday, August 15, 2025

10:00 am

At 10:00am In the Lobby

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and
support the senior community.

12:00pm-1:30pm

- **August No Meeting**
- **September 15, 2025**-Manzano Mesa
Multi-Gen, 501 Elizabeth SE, 87123
- **October 20, 2025**-Highland Senior
Center, 131 Monroe NE, 87108
- **November 17, 2025**-Barelas Senior
Center, 714 7th Street SW, 87102
- **December No Meeting**



Join

Ruben and the Distractions
the 1st Thursday of every month
at lunch for live music



Cookie Day

Enjoy a cookie in the lobby
on Monday, August 4, 2025
at 10:00am!

Open House

Wednesday, August 6, 2025

At 10:00AM

Learn about and
join the classes we
offer here at
Manzano Mesa



**The following centers will be closed
August 4th-8th for staff training:**

**Barelas Senior Center
Highland Senior Center
Palo Duro Senior Center & Sport and Fitness
Bear Canyon Senior Center**

Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.


In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.


Space is limited. Please commit to attending at least 5 of the 6 sessions.

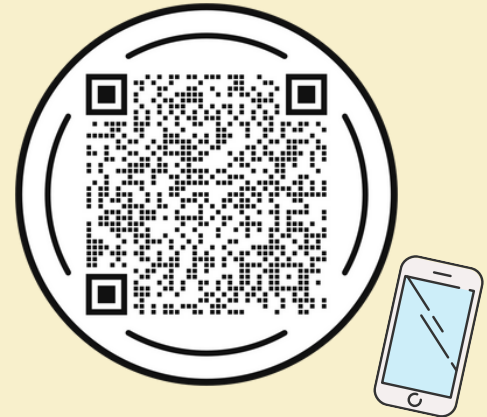
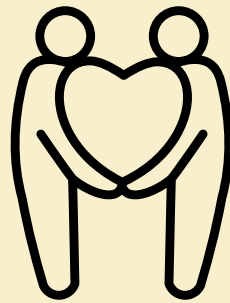
WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

 **505-768-3630**

 **cabq.gov/seniors/events**



**Scan this code with
your phone to register!**



Mobile Food Pantry **Friday, August 22, 2025**

2:30pm - 4:00pm

**The mobile food pantry for the community
supplied by Roadrunner Food Bank.
Groceries will be distributed in Social Hall.**

