



MANZANO MESA

MULTIGENERATIONAL CENTER

AUGUST 2026 Newsletter

A Message of Care and Commitment This August

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.



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

501 ELIZABETH ST. SE,
ALBUQUERQUE, NM
505.275.8731

CENTER HOURS

M-F: 8AM-9PM
SAT: 9AM-3PM
SUN: CLOSED

Center Staff

Manager
Brittani Torres

Supervisor
Esperanza Molina

Coordinators
Vacant
Suzanne Reyes

Program Assistants
Katherine Jimenez
Alexia Watson-Gallegos
Joshua Zuniga

Cook
Leroy Chambers

Kitchen Aide
Maria Dominguez

General Service
Andre Valdez
Arturo Castillo

SPECIAL DATES & ANNOUNCEMENTS

8/4: Estate Planning Presentation
8/5: Open House
8/6 & 20: Live Music
8/6: TRIP: Monroe's
8/11: AI Scam Class
8/14: AARP Defensive Driver Class
8/14: Tula's Kitchen
8/18: GEHM Clinic
8/19: Bowling
8/21: Roadrunner Food Bank
8/22: Mountain Valley Seminar
8/25: Medicaid Workshop
8/26: Volunteer Appreciation Breakfast
8/27: August Birthdays Celebration
8/28: Movie Day

Accredited by
National Institute of
Senior Centers



Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- August: No Advisory council
- September 21, 2026: North Domingo Baca Multigenerational Center

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 18, 2026

9:00am-12:00pm

AI Scam Class

Tuesday, August 11, 2026

9:30am-11:00am

SCAM ALERT

Please sign up in advance for this presentation at the front desk.

Join Senior Citizens' Law Office for Medicaid

Long-Term Care Workshop

Tuesday, August 25, 2026

9:00am-11:00am

Please sign up in advance for this presentation at the front desk.



August 14, 2026

1:00pm-5:15pm

AARP Members: \$20.00

Non-Members: \$25.00



PLEASE SIGN UP AT THE FRONT DESK

Payment: Cash/check paid to instructor in class

Bring Driver's License & AARP Membership Card

Join Senior Citizens' Law Office For Estate Planning Presentation



Tuesday, August 4, 2026

Starting at 9:00 am

Please sign up in advance for this presentation at the front desk.

Join Judge Cristy J. Carbón-Gaul for an Estate Planning Presentation

Tuesday, August 4, 2026

4:00 pm-5:00pm

Please sign up in advance for this presentation at the front desk.



Mountain Valley Financial Seminar

Saturday, August 22, 2026

9:00am-11:30am

Complimentary educational seminar on Wills, Trusts, and Estate planning.

Please sign up in advance for this presentation at the front desk.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	6 Green Chile Veggie Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	12 Spaghetti w/ Meatballs 4oz Marinara 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	13 Cheese Omelet w/ Red Chile 3oz Stewed Tomato 1oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
17 Teriyaki Beef w/ Brown Rice 3oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
24 Sliced Ham w/ Pineapple Sauce 3oz Ranch Beans 1oz Spinach 4oz Cornbread 4oz Peach 1ea 1% Milk 4oz 8oz	25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	27 Anti-Inflammatory Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz

Lunch:

Monday-Friday, 11:30am-1:00pm

Reservations are required the previous day prior to 1:00pm.

You may call in your reservation or reserve in person.

Please arrive for your lunch by 12:30pm.

Menu items subject to change.

Manzano Calendar & Events

Monday

Fitness Room 8:00am - 8:45pm *Fitness room closed 1:30pm-2:00pm for cleaning
Billiards 8:00am - 8:45pm
Table Tennis 8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Aerobics 8:15am - 9:15am
Beginner Line Dance: 9:30am - 11:30am
Gentle Exercise 9:30am - 10:30am
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
African Dance and Cultural Activities 4:00pm-8:00pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$
Volleyball 6:30pm - 8:45pm



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 8:45pm
Table Tennis 8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Stretch Class 8:30am - 9:15am
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Drawing Class 10:30am - 12:30pm
Shuffleboard 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
Basic Qigong/Tai Chi 2:00pm - 3:00pm
Trout Tying Group 5:30pm - 8:30pm (1st & 3rd Tues)
Family Volleyball (Under 18 W/ Guardian) 6:30pm- 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 - 10:30am
Book Club 10:00am - 12:00pm (1st Wed every other month)
Senior Basketball 12:00pm - 1:00pm
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Origami Workshop 1:30pm - 3:00pm (2nd Wednesday)
Cricket Training 3:30pm - 6:30pm (1st & 3rd Wednesday)
Indian Volleyball 3:30pm - 6:30pm (2nd & 4th Wednesday)
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga Beginning 5:30pm - 6:30pm \$
NM Council of Car Clubs 6:00pm - 8:00pm (4th Wednesday)
Open Basketball 6:30pm - 8:45pm
ABQ Astronomical Society 7:00pm - 8:45pm (1st & 3rd Wed)
Pow Wow Wellness 5:30pm - 7:30pm (last Wednesday)



***All classes subject to change**

Thursday

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 8:45pm
Table Tennis 8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Stretch Class 8:30am - 9:15am
Tai Chi 9:00am - 10:00am \$
Bible Discussion 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Artist Corner 1:00pm - 4:00pm
Quilting 9:30am - 12:30pm (1st & Last Thurs)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
Selling Bingo Cards: 1:00pm - 1:45pm (No exceptions)
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm



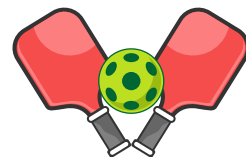
Friday

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 (Select Fridays, check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 11:30am
Meditation 10:00am - 11:00am
Shuffleboard 11:00am - 2:00pm (*Canceled on Roadrunner Foodbank Day Once a month)
Beading Craft Club 2:00pm - 5:00pm (1st Friday)



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)
Machine Knitting Group 9:30am - 2:30pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Wise Woman Belly Dance 10:30am-12:00pm \$
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Magic Club 12:00pm - 2:45pm (3rd Saturday)
Ladies Travel Group 1:00pm - 2:30pm (3rd Saturday)
Vietnamese Senior Group 9:00am-12:00pm (2nd & 4th Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)



Trip: Walking Group

Saturday, August 8, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm



Join our walking group every 2nd Saturday of the month for an enjoyable outing, pleasant walk and a congenial picnic (bring sack lunch & drink).

*Sign up at the front desk is REQUIRED

Trip: Bowling at Silva Lanes & Lunch at Chili's Restaurant

Wednesday, August 19, 2026



Check-in: 9:30am

Depart: 9:45am

Return: 2:00pm



National Senior Citizens Day

Friday, August 21, 2026

12:00pm

Enjoy a treat in the lobby



These facilities will be closed for Employee Training August 3 to August 7, 2026: Barelás Senior Center, North Valley Senior Center, Highland Senior Center, Bear Canyon Senior Center. Normal business hours will resume on August 10, 2026 for Barelás and Highland facilities.

Normal business hours will resume on August 9, 2026 for North Valley.

Normal business hours will resume on August 8, 2026 for Bear Canyon.

During this time, meal services will be available at our other locations:

Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, Santa Barbara Martineztown Multigenerational Center, Los Volcanes Senior Center Fitness Facilities Palo Duro Senior Center & Fitness Facilities

Trip: Tula's Kitchen

Friday, August 14, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm



Trip: Monroe's Restaurant

Thursday, August 6, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm



Movie in the lobby

Friday, August 28, 2026

9:30am



August Birthdays

Thursday, August 27, 2026

10:00am

Come Celebrate with cake in the lobby



Coffee with Constituents

Bear Canyon Senior Center

Thursday, August 27, 8:30–9:30 a.m.

OPEN HOUSE WELCOME BACK!

August 5, 2026

10:00am-11:00 am

Join us in the Lobby for Treats, and information on classes, the center, and more!



Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am – 2:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St. SE

Questions? Call 505-275-8731



Applications Open:
August 3, 2026, 8:00 am

Applications Close:
August 28, 2026, 5:00 pm

Vendor applications will be available
beginning August 3 on the Senior
Affairs Events webpage and at any
Senior or Multigenerational Center.

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Mobile Food Pantry

Friday, August 21, 2026
2:00pm - 4:30pm

The mobile food pantry for the community is supplied by Roadrunner Food Bank.
Groceries will be distributed in gym.

