

December 2022

Farewell Center Manager

I am announcing that I have accepted a position as Community Volunteer Engagement Manager within the Department of Senior Affairs (DSA). In this role I will oversee the volunteer programs. I know many of you are volunteers so I look forward to working with you. I have enjoyed my time as the manager of our wonderful center. Our membership numbers have doubled, we've increased our youth program from 80 to 150 participants, installed new playground equipment and made a number of facility upgrades. We have introduced family and teen nights among other great activities and events. Please be on the lookout for upgrades to the Splash Pad. Thank you to all the staff for making Manzano Mesa an excellent place to work.

Best,

Natasha Montoya
Center Manager



We will be closed on

All City of Albuquerque Senior Meal Sites, as well as Senior, Multigenerational and 50+ Sports and Fitness Centers will be CLOSED Thursday, December 8, 2022 for a mandatory department-wide staff training. and in observance of Christmas Day Monday December 26th

Center Hours

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

Sun: Closed

Center Staff

Natasha Montoya, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistant

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates &

Announcements

12/1: Holiday Kickoff Dance w/ Paul Pino

12/2: TRIP Old Town Stroll

12/7: SCLO presentation Be a smart shopper

12/8: Center CLOSED for Training

12/14: Covid Booster Clinic & Flu Shots

12/14: TRIP Grn Chili Cheseburger Owl Cafe

11/16: Who-Bilation Family Movie Night

12/26: Center CLOSED for Holiday

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.

Annual Holiday Luncheon



NEW Beginning Watercolor Class

Interested in painting. This 6 week course will teach you the basics of water color techniques and styles Space is limited please sign up at the front desk.



Class Begin
January 10, 2023
1:00 - 3:00pm

Traditions across Cultures

Join us in celebrating and learning about other cultures during the holidays

Hanukkah, which means “dedication” in Hebrew, begins on the 25th of Kislev on the Hebrew calendar and usually falls in November or December.

Kwanzaa (/ˈkwɑːn.zə/) is an annual celebration of African-American culture from December 26 to January 1, culminating in a communal feast called Karamu, usually on the sixth day.[1] It was created by activist Maulana Karenga, based on African harvest festival traditions from various parts of West and Southeast Africa. Kwanzaa was first celebrated in 1966.

La Posada: The word posada means inn or lodging, and traditionally posadas are a celebration of the Christmas story. They take place on nine nights from December 16 to 24 For many Mexicans, the word posadas evokes chilly nights surrounded by family and friends, singing, enjoying a warm meal, and spreading holiday cheer all around.

NEW Learn to Draw with Tal

This drawing class will give you the tools and the knowledge to be able to start drawing. It will start you on a wonderful journey into the field of art. You will begin to see your drawing improve even from the first class.

The class is a 15 week course where we build on drawing concepts each week in order to give a complete overview of how to draw. You will be taken through easy step by step instructions that will give you the tools for understanding drawing and how to implement these tools and concepts.

The class is taught by an artist with over 30 years of teaching art, graphic design and illustration experience



Class Starting in January

Space is limited
Sign up at front desk

Upcoming Trips:

OLD TOWN STROLL

FRIDAY
DECEMBER 2ND



CHECK IN: 3:45 PM
RETURN: 8:00 PM

Sign up at the front desk

Best Green Chile Cheeseburger



Join us on a delicious hunt for the best green chile cheeseburger in Albuquerque and visit some fun places!

**Restaurant Owl Cafe &
Atomic Museum**

Wednesday, December 14th

Check In: 9:30am

Return: 2:00pm

Sign up at the front desk

SHOT CLINIC

Covid Vaccine and Covid Booster

No appointments necessary. High dose flu shots recommended by the CDC for seniors aged 65+, as well as the regular strength for everyone else

Monday, December 21st

1:00pm- 4:00pm

Sponsored by:



Senior Law Office

Presentations

Be a Smart Shopper

December 7th

10:00 - 11:30am

Sign up at the front desk



Annual Senior Holiday Donation Drive

New & Unused Items only Please



The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults.

Help spread some holiday cheer with your generous donations.

Drop off locations until December 16:

- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD substation (Rio Grande Blvd. & Cenral Ave.)

For more information or drop off location hours and directions, call 505-764-6400.

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: 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
 Zumba Gold 10:45am - 11:45am \$
 Happy Hookers 1pm - 3pm
 Volleyball 5:30pm - 8:30pm
 Yoga: Hatha Blend 6pm - 7:15pm \$
 Lions Club 6pm - 7:30pm (1st & 3rd)



Tuesday

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 \$5.00
 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 5:30pm - 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 - 8:45pm
 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
 Sing_A-Long 1:30pm - 2:30pm (2nd Tuesday of Month)
 Pinochle 1pm - 4:30pm
 Line Dance: Beg/Improver 1:30pm - 4:00pm
 Yoga: Beginning 5:30pm - 6:30pm \$
 Senior Men's Basketball 6pm - 8:45pm



Thursday

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 \$5.00
 Pottery 9am - 1pm
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 1:00pm
 Artist's Corner 1pm - 4pm
 Bingo 2pm - 4:00pm
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
 Belly Dance 6pm - 8pm (Last Thursday)

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 10:00am - 11:30pm
 Open & Seniors Men's Basketball 11am - 1:00pm
 Badminton 1:00pm - 4:00pm
 Manzano Mesa Cloggers 5:00pm - 6:30pm
 Volleyball 5:30pm - 7pm
 Basketball 7pm - 8:45pm



Saturday

Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 12pm
 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)
 Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>5</p> <ul style="list-style-type: none"> ◆ Salisbury Steak/Mashed Potatoes w/Gravy ◆ Sliced Carrots ◆ Diced Beets ◆ Apricots ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Macaroni & Cheese w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Stewed Tomatoes ◆ Greek Yogurt ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Tamales ◆ Pinto Beans ◆ Calabacitas ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>8</p> <p>CLOSED</p>	<p>9</p> <ul style="list-style-type: none"> ◆ Sesame Beef w/Pepper & Onions ◆ Chow Mein Noodles ◆ Stir Fry Vegetables ◆ Fortune Cookie ◆ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ◆ Seasoned Baked Salmon/Rice Pilaf ◆ Succotash ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onion ◆ Brown Rice ◆ Okra w/Diced Tomatoes ◆ Orange ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Beef Tips w/Gravy/ Bowtie Pasta ◆ Garlic Brussel Sprouts ◆ Peach Crisp ◆ Croissant/Margarine ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes ◆ Seasonal Vegetable ◆ Warmed Sliced Apples ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Broccoli ◆ Garlic Breadstick ◆ Pear ◆ 1% Milk 
<p>19</p> <ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Crinkle Cut Fries ◆ Steamed Spinach ◆ Mixed Fruit ◆ Whole Grain Dinner Roll w/Margarine ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Chicken Pot Pie ◆ Ancient Rice ◆ Steamed Broccoli ◆ Peaches ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Breadstick ◆ Greek Yogurt ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Red Chile Pork Tamales ◆ Calabacitas ◆ Pinto Beans ◆ Pineapple ◆ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Mashed Potatoes ◆ Peas w/Carrots ◆ Strawberries w/ Pound Cake ◆ Dinner Roll w/ Margarine ◆ 1% Milk 
<p>26</p> <p>Closed for Christmas</p> 	<p>27</p> <ul style="list-style-type: none"> ◆ Cheese Omelet W/ Roasted Potatoes ◆ Stewed Tomatoes ◆ Whole Grain Biscuit ◆ Mandarin Oranges ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Breaded Cod over Brown Rice ◆ Green Beans ◆ Caluliflower w/ Red Peppers ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Calabacitas ◆ Steamed Cabbage ◆ Flour Tortilla ◆ Rice Pudding ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes ◆ Collard Greens and Black eyed Peas ◆ Cornbread ◆ Grapes and a Fortune Cookie ◆ 1% Milk 

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.

Who-Bilation

HOLIDAY
CHEER

CELEBRATE
WITH
FRIENDS



We have a wonderful awful idea to gather for fun, popcorn and crafts!

Friday, December 16th

Activities and Seating 5pm-6pm

Movie Starts at 6pm