

Manzano Mesa Multigenerational Center

501 Elizabeth, Albuquerque NM

505.275.8731

December 2024 Newsletter

Message from the Director:

Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelas neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra
Martineztown Multigenerational Center, a vibrant space designed to
bring generations together. Looking ahead, the new Northwest
Multigenerational Center, which broke ground in May 2024, is scheduled
to open late next year, further expanding our commitment to serving
families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely, Anna M. Sanchez, Director



Center Hours

M-F: 8am-9pm Sat: 9am-3pm Sun: Closed

Center Staff

Brittani Torres, Center Manager Esperanza Molina, Center Supervisor Josephine Griego, Coordinator Suzanne Reyes, Coordinator Vacant, Office Assistant Katherine Jimenez, Alexia Watson-Gallegos, Vacant Program Assistants Vacant, Recreation Assistant Leroy Chambers, Cook Maria Dominguez, Kitchen Aid Monica Rosales, General Services Leon Mascarenas, General Services

Special Dates & Announcements

Andre Valdez, General Services

12/3: Tree Trimming Party

12/5: Hanukkah

12/6: TRIP: Old Town Stroll

12/12: Los Posadas

12/13: ELF Family Movie Night

12/17: GEHM Clinic

12/17: Tech Thursday

12/19: Kwanzaa

12/19: Tech Bingo

12/20: Holiday Dance

12/23: Teeniors

12/25: Christmas Luncheon (Reservation

Required)

12:/27: Roadrunner Foodbank

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.



Mobile Food Pantry

We will have a mobile food pantry for the community supplied by Roadrunner Food Bank. Groceries will distributed in the gym.

Friday, December 27, 2024 2:00pm-4:45pm

Holiday Tree Trimming Party

Tuesday, December 3, 2024

Help us to decorate our **Lobby Tree!**

Sign up at the front desk



New Zumba Evening Classes

Join Maria for a new Zumba class for all ages.

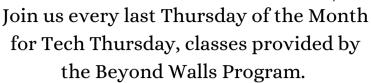
When: Tuesday Evenings

Where: East Social Hall

Time: 7:00pm-8:00pm

Price: \$5.00 a class

Beyond Walls Tech Thursday



Thursday, December 19, 2024

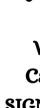


10:00am-11:00am Sign up at the front desk

Tech Bingo Tuesday

Join us every last Tuesday of the Month for Bingo Tuesdays, Bingo provided by the Beyond Walls Program.

Tuesday, December 17, 2024

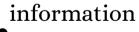


10:00am-11:00am Winners get a \$10.00 Gift Card Mailed to the center!

SIGN UP AT THE FRONT DESK

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly? Call 505-880-2800 for more



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, December 17, 2024 9:00am-12:00pm



DECEMBER 2024

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
Salisbury Steak w/ Green Chile Gravy Corn Mashed Potatoes Dinner Roll/Margarine Yogurt 1% milk	• Turkey Tetrazzini • Brussel Sprouts • Peach Cobbler • Breadstick • 1% milk	Baked Tilapia w/Tarter Sauce Rice Pilaf Green Beans Vanilla Pudding 1% milk	Spaghetti / Mushrooms Seasonal Vegetable Breadstick Mixed Fruit Cup 1% milk	Diced Pork w/ Gravy Brown Rice Oriental Blend Dinner Roll/Margarine Jell-O 1% milk
• Beef Stir-Fry • Butter Noodles • Fortune Cookies • Seasonal Fruit • 1% milk	Lemon Baked Salmon White Rice Seasonal Vegetable Dinner Roll/ Margarine Orange 1% milk	◆ Pork Tamale/Red Chile ◆ Pinto Beans ◆ Seasonal Vegetable/ Calabacitas ◆ Chocolate Pudding ◆ 1% milk	Cheese Omelet / Onions & Peppers Stewed Tomatoes Spinach Apple Sauce 1% milk	Chicken Posole Succotash Tortilla Diced Pears 1% milk
• Carne Adovada/ Red Chile • Spanish Rice • Corn w/ Red Peppers • Vanilla Pudding • 1% milk	• Turkey & Brown Rice w/ Gravy • Green Beans • Cauliflower w/ Red Peppers • Apple Sauce • 1% milk	18	Macaroni & Broccoli Spinach Cherry Cobbler Dinner Roll/Margarine 1% milk	Ground Beef/Potatoes Stewed Tomatoes Combread Peaches 1% milk
• Baked Cod Fish/ Tartar Sauce • Rice Pilaf • Carrots • JellO • 1% milk	24 • Ham/Pineapple Glaze • Mashed Sweet Potatoes • Mixed Vegetables • Holiday Cookie • 1% milk	CLOSED CLOSED HOUSE	Veggie Cheeseburger Diced Beets Normandy Blend Chocolate Pudding 1% milk	• Green Chile Chicken Tamale • Pinto Beans • Calabacitas • Yogurt • 1% milk
• Texas Chili • Combread/Margarine • Succotash • Diced Pears • 1% milk	• Asian Diced Pork/ Peppers • Rice Pilaf • Oriental Blend • Fortune Cookie • 1% milk	CLOSED HAPPY LEAR	Omelet w/ Red Chile Peppers Sweet Potatoes Blackeye Peas Dinner Roll/Margarine Pudding 1% milk	Breaded Cod/ Tartar Sauce Crinkle Cut Fries Peas & Carrots Brownies 1% milk

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 \$ Mah long 11:00am - 2:30pm 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 Mah Jong 1:00pm - 4:00pm Shuffle Board 1:00pm - 4:00pm

Sing-A-Long 1:30pm - 2:30pm (1st Tuesday) Badminton 6:00pm - 8:45pm Zumba: 7:00pm-8:00pm \$ 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 Meditation Group 10:00am - 11:00am Zumba Gold 10:45am - 11:45am \$ Pinochle 12:30pm - 4:00pm Badminton 1:00pm - 3:00pm 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)



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 Quilting 9:00am - 1:00pm (Last Thursday of Month) Mental Health Support Group 9:00am - 10:30am 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) Artist Corner 1:00pm - 4:00pm 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 Gentle Exercise 9:30am - 10:30am TOPS 9:30am - 12:00pm Shuffleboard 11:00am - 2:00pm Badminton 2:30pm - 4:30pm (*Canceled on Roadrunner 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) Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)



be closed the

following days:

December 25, 2024

January 1, 2024

Old Town Holiday Stroll **Trip**

Friday, December 6, 2024

Check in: 4:00 pm

Depart: 4:15 pm

Return: 8:00pm

At own expense



Sign up at the front desk

Traditions Series

Thursdays 10:30 am-11:30am

Hanukkah

December 5, 2024

Los Posadas

December 12, 2024

Kwanzaa

December 19, 2024





Free Tech Help for Seniors December!

Tues, Dec 3 @ 3:00-5:00p 1-on-1 Tech Coaching North Domingo Baca Ctr

Fri, Dec 6 @ 3:00-5:00p 1-on-1 Tech Coaching **Bear Canyon Senior Ctr**

Wed, Dec 11 @ 3:00-5:00p 1-on 1 Tech Coaching Palo Duro Senior Ctr

Thurs, Dec 12 @ 3:00-5:00p 1-on-1 Tech Coaching Santa Barbara Martineztown Ctr

Wed, Dec 18 @ 3:00-5:00p 1-on-1 Tech Coaching **Highland Senior Ctr**

Mon, Dec 23 @ 2:00-4:00p 1-on-1 Tech Coaching Manzano Mesa Muti-Gen Ctr

RSVP with the center above, or contact Teeniors: (505) 600-1297 | teeniors@gmail.com. All classes & coaching for beginners!





Family Movie Night

Friday, December 13, 2024

We are hosting a a free event with food and activities. We will be feturing

Elf the Movie! 5:00pm - 8:00pm Sign up at the front desk





Holiday Dance

Friday, December 20, 2024

1:30pm-3:00pm Sign up at the front desk



PLEASE JOIN US FOR A

HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 25, 2024

HOSTED BY MANZANO MESA MULTIGENERATIONAL CENTER

Tickets are \$4 per person. Space is limited, please reserve your ticket in person at MMMC beginning Monday, December 2, 2024

TIME: 11 AM - 1 PM

Where: 501 Elizabeth St. SE, 87123

For more information please call 505-275-8731

Center will not be open for regular scheduled activities.

