

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 Barelmas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelmas 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

Andre Valdez, General Services

Special Dates & Announcements

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 be distributed in the gym.

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

Holiday Tree Trimming Party

Tuesday, December 3, 2024

10:30am-11:30am

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



Join us every last Thursday of the Month for Tech Thursday, classes provided by the Beyond Walls Program.

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
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, December 17, 2024

9:00am-12:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk 	3 ♦ Turkey Tetraxini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk 	4 ♦ Baked Tilapia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk 	5 ♦ Spaghetti /Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk 	6 ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 
9 ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk 	10 ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/ Margarine ♦ Orange ♦ 1% milk 	11 ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/ Calabacitas ♦ Chocolate Pudding ♦ 1% milk 	12 ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk 	13 ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Pears ♦ 1% milk 
16 ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk 	17 ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk 	18 ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk 	19 ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk 	20 ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Combread ♦ Peaches ♦ 1% milk 
23 ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 	24 ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk 	25 CLOSED Happy Holidays	26 ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk 	27 ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 
30 ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	31 ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	1 CLOSED HAPPY NEW YEAR	2 ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	3 ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 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.

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 Jong 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)



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
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 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)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

*All classes subject to change

**Manzano Mesa will
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! *Albuquerque*

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 Multi-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.