

December 2025 Newsletter

MANZANO MESA MULTIGENERATIONAL CENTER

LETTER FROM DIRECTOR SANCHEZ

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been!

From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelvas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign! The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



501 ELIZABETH,
ALBUQUERQUE NM

505.275.8731

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

12/3: Tree Trimming
12/4: Traditions: Hanukkah
12/5: TRIP: Old Town Stroll
12/9: Self-Serve Health Kiosk
12/11: Traditions: Los Posadas
12/12: Holiday Family Dinner
12/15-12/19: Movie Week
12/16: GHEM Clinic
12/17: TRIP: Rail Yard Holiday Market
12/18: Traditions: Kwanzaa
12/19: Road Runner Foodbank
12/23: Teeniors
12/25: CLOSED
12/30: Gingerbread houses
12/31: New Years Toast

ONE
ALBUQUE
RQUE senior affairs

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

Accredited by
National Institute of
Senior Centers

Help promote, advocate, and support the senior community.

- **December No Meeting**
- **January 26, 2025 Bear Canyon Senior Center**

Need help learning to use the
fitness equipment properly?

Call 505-880-2800 for more information



**Tuesday,
December 23, 2025**

1:00pm-2:00pm
or
2:00pm-3:00pm

One-on-one help with technology

Please sign up at front desk to make a one-on-one appointment!

Are you nearing or already in retirement?
Attend this course and acquire the tools to
make sound financial decisions that can
help guide you to and through retirement.

**Tuesday, December 2nd or
Wednesday, December 3rd
at 6:30pm**

To register: call or text 505-273-8414

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.



**Health
is wealth**

Tuesday, December 9 2025
9:00am-11:00am



Will resume in January



We will be closed

Thursday, December 25, 2025
&

Thursday, January 1, 2026



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 16, 2025
 **9:00am-12:00pm**

*Hours are subject to change

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 |
|--|---|---|---|--|
|  1 |  2 |  3 |  4 |  5 |
| Salisbury Steak 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz | Chicken Tetrizzini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz | Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz | Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz | Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz |
|  8 |  9 |  10 |  11 |  12 |
| Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz | Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz | Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz | Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz | BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz |
|  15 |  16 |  17 |  18 |  19 |
| Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz | Beef & Diced Potatoes 4oz Bell Peppers/Onions/ 4oz Celery 3oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz | Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz | Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz | Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz |
|  22 |  23 |  24 | CLOSED 25 |  26 |
| Green Chile Cheeseburger 1ea Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz | Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz | Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz |  | Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz |
|  29 |  30 |  31 | CLOSED 1 |  2 |
| Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz | Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz | Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz |  | Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 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 closed 1:30pm-2:00pm
for cleaning

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
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
Volleyball 6:15pm - 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
Drawing Class 10:30 - 12:30
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
Trout Tying Group 5:30pm-8:30pm (1st & 3rd Tues)
Family Volleyball (Under 18 W/ Guardian) 6:15pm- 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
Senior Basketball 12:00pm - 1:00pm
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Poetry Around The World 1:00pm - 2:00pm (2nd Wednesday)
Origami Workshop 2:00pm - 4:00pm (2nd Wednesday)
Cricket Training 3:30pm - 6:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga: Beginning 5:30pm - 6:30pm \$
Open Basketball 6:30pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)
Pow Wow Wellness 5:30pm - 7:30pm (last Wednesday)



Thursday

*All classes subject to change

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 - 11:30am (3rd Thurs)
Tech Bingo 9:00am - 10:00am
Selling Bingo Cards: 1:00pm-1:45pm (No exceptions)
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:15pm - 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 11:00am - 2:00pm
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Badminton 2:30pm - 4:30pm (*Canceled on
Roadrunner foodbank Day)
Volleyball 6:15pm - 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)
Machine Knitting Group 9:30am - 2:30pm (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 - 2:45pm (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: Rail Yard Holiday Market

Wednesday, December 17 2025

Check in: 10:00am

Depart: 10:15am

Return: 2:00pm



*Trips at own expense

Trip: Old Town Holiday Stroll

Friday, December 5, 2025



Check in: 2:45pm

Depart: 3:00pm

Return: 7:00pm

Traditions Series

10:00am - 11:00am

Learn about traditions from different cultures and how to celebrate different holidays while enjoying a traditional dish!

- Thursday, December 4, 2025
 - Hanukkah
- Thursday, December 11, 2025
 - Los Posadas
- Thursday, December 18, 2025
 - Kwanzaa



Gingerbread house building

Tuesday, December 30, 2025

1:00pm-2:00pm



New Years Toast

Wednesday, December 31, 2025

12:00pm

Join us in the social hall to ring in the new year with a toast!

2026

Tree Trimming

Wednesday, December 3, 2025

10:00am



Join us in the lobby to decorate our tree and enjoy hot cocoa, treats and entertainment

For all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page.



Monday

12/15

Christmas with
the Cranks



Tuesday

12/16

The Grinch

Movie Week

December 15th through 19th

Starts at 10:00am

Enjoy a Holiday themed movie each day in the lobby

Wednesday

12/17

Home Alone



Thursday

12/18

The Santa Clause



Friday

12/19

Elf



Holiday Family Dinner

Friday December 12th

From

6 pm to 8 pm

Bring your family and join us to celebrate a Christmas
dinner with a special four course meal
with special guests: Santa!!
Sign-up at front desk



Mobile Food Pantry

Friday, December 19, 2025

2:00pm - 4:00pm

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

