

February 2022

Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit cabq.gov/seniors for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,

Anna Sanchez



Center Hours

**M-F: 8a-9p Sat: 9a-3p
Sun Closed**

Center Staff

Natasha Montoya,
Center Manager

David Goode, Center Supervisor
Esperanza Molina, Coordinator

Marissa Gonzales,
Office Assistant

Brenda Carroll,
Felicia Schwarz

Program Assistant
Angie Martines,

Recreation Assistant

James Dever, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Special Dates & Announcements

**2/11: Pre-Super Bowl Party/Wear your
Jerseys**

2/14: Valentines Coffee w/ Med Care

2/21: Closed for Presidents Day

2/24: Trip to Meow Wolf



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.



Monthly Birthday Party!

Come Celebrate with us!
4th Tuesday of the Month

Tuesday February 22, 2022

10:00am - 11:00am

Sponsored by

Janet Candelaria
Clarity Consulting



AARP Tax-Aide

Tax Season is Here! AARP will be providing free tax assistance to seniors every Thursday from **February 3, 2022 to April 14, 2022.**

Appointments are required. Call 311.



Shot Clinic

Covid Vaccine, Covid Booster and
FLU shot clinics

Tuesday, February 1st

9am-12pm

Sponsored By



GEHM Clinic

Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure, pulse, oxygen saturation, height, weight, and blood glucose levels.

3rd Tuesday of the Month

Tuesday February 15th

8:30am - 12:00pm



Manzano Mesa Multigenerational Center Monthly Lunch Menu

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.

February 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31	1	2	3	4
<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Seasonal Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/ Tatar ◆ White Rice ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Memphis Dry-Rubbed Chicken ◆ Seasonal Vegetables ◆ Combread ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Peas and Carrots ◆ Peach Crumble ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop ◆ Mashed Red Potatoes ◆ Crispy Roasted Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk
7	8	9	10	11
<ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Homemade Mac-N-Cheese ◆ Collard Greens ◆ Dinner Bread w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey with Gravy ◆ Mashed Potato with Gravy ◆ Steamed Broccoli ◆ Dinner Roll with Margarine ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Low Sodium Ham and Potato Soup ◆ Steamed Carrots ◆ Biscuit ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Rec Chile Beef Enchilada ◆ Spanish Rice ◆ Pinto Beans ◆ Seasoned Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/Tatar Sauce ◆ Buttered Noodles ◆ Succotash ◆ Seasoned Fruit ◆ 1% Milk
14	15	16	17	18
<ul style="list-style-type: none"> ◆ Baked Ziti/Pasta/Marinara and Cheese ◆ Season Vegetable ◆ Garlic Bread Stick ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ham w/ Pineapple Sauce ◆ Sweet Potatoes ◆ Broccoli-Cauliflower-Carrots ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Teriyaki Chicken ◆ White Rice ◆ Steamed Crinkle Cut Carrots ◆ Apple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Tilapia w/ Tatar Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetable ◆ Seasoned Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Beans with Beef, Cheese and Onions ◆ Crispy Roasted Cauliflower ◆ Tortilla ◆ Brownie ◆ 1% Milk
21	22	23	24	25
<p>Closed Holiday Presidents Day</p>	<ul style="list-style-type: none"> ◆ Soft Chicken Tacos ◆ Tortillas ◆ Spanish Rice ◆ Corn with Red Peppers ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Bun ◆ Baked Beans ◆ Steamed Carrots ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Swedish Meatballs w/ Gravy ◆ Steamed Green Beans ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon with Garlic Sauce ◆ Angel Hair Pasta with Diced Tomatoes ◆ Season Vegetable ◆ Jell-O w/ Fruit ◆ 1% Milk



The Department of Senior Affairs Senior Meal Program is proud to be part of the "New Mexico Grown" state initiative:

- Supporting economic growth by incorporating fresh local produce provided by our own New Mexican farmers.
- Providing locally sourced produce with less single use packaging which lessens our environmental impact.
- Providing fresh produce is higher in vitamins than frozen or canned foods ensuring seniors can count on us for a fresh and healthy meal.

Please join us Monday-Friday 8:00am-9:00am for breakfast.

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: Beginning 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 9:30am - 10:30am (2nd Monday)
 Zumba Gold 10:45am - 11:45am
 Happy Hookers 1pm - 3pm
 Volleyball 5pm - 7pm
 Yoga: Hatha Blend 6pm - 7:15pm
 Lions Club 6pm - 7:30pm



Tuesday

NEW Walking Group 8:30am Front Entrance
 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
 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 6pm - 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 - 8:45 pm
 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
 Pinochle 1pm - 4:30pm
 Line Dance; Beg/Improver 1:30pm - 4:00pm
 Yoga: Beginning 5:30pm - 6:30pm
 Senior Men's Basketball 5:30pm - 8:45pm



Thursday

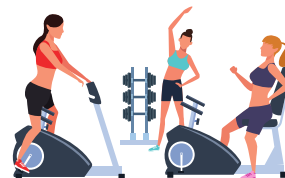
NEW Walking Group 8:30am Front Entrance
 Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Flex & Tone 8:15am - 9:15am
 Tai Chi 9am - 10am
 Pottery 9am - 1pm
 Computer Lab 9am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 1:00pm
 Artist's Corner 1pm - 4pm
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Wise Women Belly Dance cancelled for February

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 - 1pm
 Badminton 1pm - 4pm
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)
 Line Dancing: Intermediate 1:30pm - 3:30pm
 Volleyball 5pm - 7pm
 Basketball 7pm - 8:45pm

Saturday

Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 11am
 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)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)
 Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)



A poster for a Valentine's Day event. The background is white with scattered red rose petals. The text is in red and black. The main title is 'VALENTINES DAY FRIENDSHIP COFFEE'. Below it, it says '2nd Monday of Month' and 'February Sponsor: MedCare'. At the bottom, it lists the date and time: 'MONDAY, FEBRUARY 14, 2022 9:00 AM - 10:00 AM'.

**VALENTINES DAY
FRIENDSHIP
COFFEE**

2nd Monday of Month

February Sponsor:
MedCare

**MONDAY,
FEBRUARY 14, 2022
9:00 AM - 10:00 AM**

Teen Game Night

Spike Ball

Friday March 11, 2022

5:00 - 8:00pm



MMMC Youth Program

Can you feel it? The weather is changing and so are the seasons. Love is in the air and our Youth Program is ready for Valentines! This year we will “send a hug” to our Pen Pals through the Foster Grandparent Program. We may not be able to physically give everyone hugs, but we can spread love through our love of craft! We wish all of our members a Happy Valentines Day and hope you have a LOVELY day!



Pre-Super Bowl Party



Nacho Bar & Wings

Friday February 11, 2022

10:00am - 11:15am

Wear your team's Jersey



Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching.

Will be at Manzano Mesa to assist seniors with their phone, computer or anything online.

Fri. February 4th
3:00 - 5:00pm

Make appointment @ front desk

- Yoga
- Teen Nights
- Family Nights
- Trips
- Sports



YOU ARE INVITED TO

Manzano Mesa Multigenerational Center's

OPEN HOUSE

Friday, February 11, 2022
9:00 - 11:00am

Learn what activities and events the center has to offer you

Refreshments will be served



- Aerobics
- Gentle Exercise
- Line Dancing
- Pottery
- Pickleball Training

