

February 2026 Newsletter

MANZANO MESA MULTIGENERATIONAL CENTER
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 Aide
Maria Dominguez

General Services
Monica Rosales
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

2/3: TRIP: Mac's La Sierra
2/6: Super Bowl Party
2/10: Self-Serve Health Kiosk
2/13: TRIP: Senior Day At The Roundhouse/Santa Fe
2/13: AARP Driving Course
2/13: Sweethearts Dance
2/14: Walking Trip
2/16: CLOSED
2/17: GEHM Clinic
2/17: Mardi Gras Celebration
2/18: TRIP: Laguna Burger
2/20: Roadrunner Foodbank
2/24: Teeniors



We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback.

Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



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





Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- **February 23, 2026 Santa Barbara Martinez Town**
- **March 16, 2026 Palo Duro Senior Center**

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



**Tuesday,
February 24, 2026 1:00pm-3:00pm**

One-on-one help with technology

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

Mardi Gras Celebration

**Tuesday, February 17, 2026
10:00am**

Join us for King's Cake
in the lobby

*Hours are subject to change

Self-Serve Health Kiosk

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, February 10, 2026
9:00am-10:00am**



February 13, 2026

1:00pm-5:15pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK

Payment: Cash/check paid to instructor in class
Bring Driver's License & AARP Membership Card



Closed Holidays

**We will be closed
Monday, February 16, 2026 in
observance of Presidents'
Day**



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, February 17, 2026
9:00am-12:00pm**

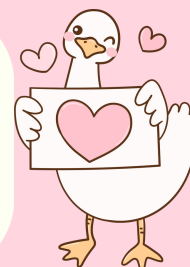
As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz	Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
				
9	10	11	12	13
Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz	Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz	Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz
				
CLOSED 16	17	18	19	20
	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz	Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz	Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz	Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz
				
23	24	25	26	
Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz	Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz	Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
				

Lunch:

Monday-Friday, 11:30am-1:00pm

Reservations are required the previous day prior to 1:00 pm.
You may call in your reservation or reserve in person. Please arrive
for your lunch by 12:30pm. Menu items subject to change.



Manzano Calendar & Events

Monday

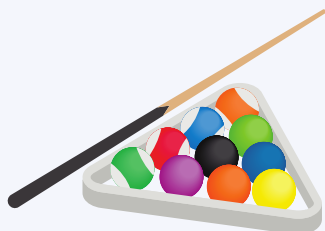
*Fitness room closed 1:30pm-2:00pm
for cleaning

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
Shuffleboard 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 - 10:30am
Book Club 10:00am - 12:00pm (1st Wed every other month
starting in Jan)
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 \$
NM Council of Car Clubs - 6:00pm -8:00pm (4th Wednesday)
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 9:30am - 12:30pm (1st & Last Thurs)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
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

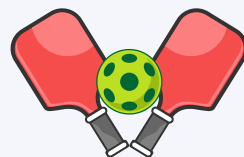
Friday

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 (Select Fridays,
check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 11:30am
Meditation 10:00am - 11:00am
Shuffleboard 11:00am - 2:00pm (*Canceled on
Roadrunner Foodbank Day)
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 10:30am-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: Walking Group

Saturday, February 14, 2026

Check-in: 9:00am

Depart: 9:15am

Return: 1:00pm



Join our walking group every 2nd Saturday of the month for an enjoyable outing, pleasant walk and a congenial picnic (bring sack lunch & drink).

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

Mac's La Sierra

Monday, February 3, 2026

Check-in: 11:00am

Depart: 11:15am

Return: 2:00pm



Trip: Laguna Burger

Wednesday, February 18, 2026

Check-in: 11:00am

Depart: 11:15am

Return: 2:00pm



Trip: New Mexico State Capital Senior Day at the Roundhouse

Friday, February 13, 2026

Check-in: 8:00am

Depart: 8:15am

Return: 3:00pm



Super Bowl Party

Friday, February 6, 2026

10:00am

Join us in the Lobby



Mobile Food Pantry

Friday, February 20, 2026

2:00pm - 4:30pm

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



a true
love story
NEVER ENDS



The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of **250 words** detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.



Alongside your written story, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email.)

Anonymous submissions will be accepted; however, there is **no guarantee they will be featured.**



Drop entries off at any Senior or Multigenerational Center.
Stories will be collected until February 14, 2026.



Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever "Love Stories Contest" highlighting relationships of 50+ years (details are available at each center).

We're grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input.

Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month's Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also every month, I'll host a "Coffee with Constituents" session at every location to discuss and address matters with the public. I'd love for you to join me! This month's "Coffee with Constituents" will be held at Highland Senior Center on Thursday, February 26th from 8:30-9:30am. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

Happy
valentine's
day

