

January 2024 Center Hours

M-F: 8a-9p Sat: 9a-3p

Sun: Closed
Center Staff

Brittani Torres, Center Manager

Vacant, Center Supervisor

Esperanza Molina, Coordinator

Josephine Griego, Coordinator

Vacant, Office Assistant

**Katherine Jimenez, &
Alexia Watson-Gallegos**

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Andre Valdez, General Services

Special Dates & Announcements

1/1: CLOSED

1/9-Friendship Coffee

1/10 : TRIP: APD Museum & Chick-fil-a

1/11-Friendship Coffee

1/12: Movie in the Lobby- The Age of Adaline

1/15: CLOSED MLK Day

1/16: GHEM Clinic

1/17: TRIP: Starbucks Coffee

1/19: 1920's Family Dinner

1/23-Friendship Coffee

1/23-Teeniors

1/24: TRIP: Olive Garden

1/25-Friendship Coffee

1/26-AARP Driving Class

1/31: Hot Chocolate Day

Accredited by



National Institute of
Senior Centers

ROARING 20'S

DINNER

1.19.2024 | 5PM - 7:00PM

BRING THE WHOLE FAMILY AND JOIN
US FOR DINNER AND A DANCE

RESERVATION REQUIRED!

PLEASE MAKE A RESERVATION AT THE
FRONT DESK

CALL (505) 275-8731

WE'RE CLOSED

Manzano Mesa will be closed
the following days in January:

New Year's Day:
Monday, January 01, 2024

MLK Day:
Monday, January 15, 2024

GEHM CLINIC

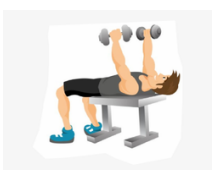
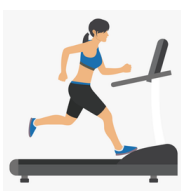
Students from the College of Nursing and Pharmacy provide clinic services: may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.



Tuesday, January 16
9:00am-1:00pm

Fitness Equipment Orientation New year new fitness goal!

Need help learning to use the fitness equipment properly?
Call 505-275-8731 to schedule your appointment with Angie!




FREE WORKSHOP!



Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology, while providing paid, meaningful jobs for youth in N.M.!

JOIN US!

January 23, 2024
4:00pm-6:00 pm

**Call 505-275-8731 to schedule
your appointment**



Olive Garden

Wednesday, January 24th

Check in: 10:45am
Depart: 11:00am
Return: 1:00pm



lunch at own expense
Sign up at the front desk

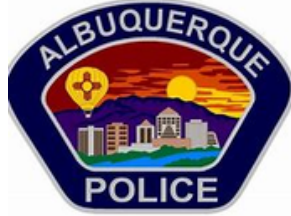
APD Museum & Chick-fil-A

Wednesday, January 10th

Check in: 9:30am

Depart: 9:45am

Return: 12:00pm



**lunch at own expense
Sign up at the front desk**

Starbucks

Wednesday, January 17th

Check in: 9:00am

Depart: 9:15am

Return: 11:00am



**lunch at own expense
Sign up at the front desk**

AARP®

January 26, 2024

1:00 pm -5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

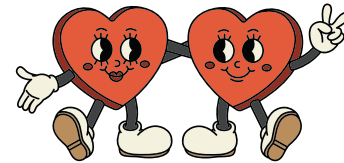
SIGN UP AT THE FRONT DESK



Pymt: Cash/check to instructor in class

Bring Drivers License & AAARP Membership Card

FAMILY SWEETHEART DANCE



FRIDAY, FEBRUARY 23RD

At 4:30 P.M. - 7:00 P.M.

SIGN UP AT THE FRONT DESK.

New Year New Phrases

“The body Achieves what the mind believes.”

“Enjoy what you have in life not what you want.”


























“No matter how hard the past, you can begin again. Things will change.”

“Live life to the fullest and focus on the positive.”

Be happy and spread Joy!

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 ♦ Beef tip w/bowtie pasta ♦ Breadstick ♦ Steamed broccoli ♦ Yogurt ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Steamed broccoli ♦ Sliced beets ♦ Apple ♦ 1% milk 	4 ♦ Omelet w/cheese, mushroom, spinach ♦ Diced potatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 	5 ♦ Pork chop w/gravy ♦ Brown rice ♦ Peas ♦ Mixed fruit ♦ 1% milk 
8 ♦ Hot dog w/bun ♦ Steak fries w/ketchup ♦ Green beans ♦ Applesauce ♦ 1% milk 	9 ♦ Chicken alfredo w/green chile ♦ Steamed carrots ♦ Steamed broccoli ♦ Orange ♦ 1% milk 	10 ♦ Baked cod w/tartar sauce ♦ Peas ♦ Corn bread ♦ Chocolate chip cookie ♦ 1% milk 	11 ♦ Meatloaf w/tomato gravy ♦ Diced red potato ♦ Collard greens ♦ Vanilla pudding ♦ 1% milk 	12 ♦ Pork chop over brown rice w/sweet & sour sauce ♦ Stir fry vegetables ♦ Peach cobbler ♦ 1% milk 
15 	16 ♦ Sloppy joe w/hamburger bun ♦ Brussel sprouts ♦ Cinnamon apples ♦ 1% milk 	17 ♦ Green chile chicken posole w/flour tortilla ♦ Corn ♦ Roasted carrots ♦ Chocolate pudding ♦ 1% milk 	18 ♦ Baked Ziti ♦ Breadstick ♦ Green beans w/tomatoes ♦ Pineapple ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Carrots ♦ Broccoli ♦ Grapes ♦ 1% milk 
22 ♦ Ground beef w/onions and mushrooms ♦ Mashed potatoes ♦ Black-eyed peas ♦ Chocolate chip cookie ♦ 1% milk 	23 ♦ Carne adovada (pork, red chile) ♦ Pinto beans ♦ Spanish rice ♦ Applesauce ♦ 1% milk 	24 ♦ Baked cod over brown rice w/tarter sauce ♦ Cauliflower ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	25 ♦ Ham mac & cheese w/broccoli ♦ Sweet potatoes ♦ Cherry cobbler ♦ Mixed fruit ♦ 1% milk 	26 ♦ Chicken parmesan w/marinara and cheese ♦ Brown rice ♦ Steamed carrots ♦ Yogurt ♦ 1% milk 
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 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.

Monday

Fitness Room 8:00am - 8:45pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8:00am - 8:00am - 8:45pm
 Aerobics 8:15am - 9:15am
 Computer Lab 8:00am - 8:45pm
 Line Dance: 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Zumba Gold 10:45am - 11:45am \$
 Mah Jong 11:00am - 2:30pm
 Happy Hookers 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 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8am - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 12:00am
 Line Dance: Intermediate 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
 Shuffle Board 1:00pm - 4:00pm
 Badminton 5:30pm - 8:45pm
 Clogging: Starter to Intermediate 5:45pm - 7:45pm
 Functional Fitness 6:30pm - 7:30pm
 Celtic Sessions Group 6:30pm - 8:30pm
 Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8:00am - 8:45 pm
 Billiards 8am - 8:45pm
 Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
 Woodcarving 8:00am - 11:30am
 Aerobics 8:15am - 9:15am
 Computer Lab 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 Meditation Group 10:00am - 11:00am
 Zumba Gold 10:45am - 11:45am \$
 Open Basketball 11:30am - 12:30pm
 Starter Line Dancing 9:30am - 10:30am
 Pinochle 1:00pm - 4:30pm
 Line Dance: Beg/Improver 1:30pm - 3:30pm
 Yoga: Beginning 6:00pm - 7:00pm \$
 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 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8:00am - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Flex & Tone 8:15am - 9:15am
 Tai Chi 9:00am - 10:00am
 Pottery 8:30am - 12:00pm
 Quilting 9:00am - 1:00pm (Last Thursday of Month)
 Mental Health Support Group 9:00am - 10:30am
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 12:30pm
 Artist's Corner 1:00pm - 4:00pm
 Bingo 2:00pm - 4:00pm
 Pickleball 1:00pm - 4:00pm
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
 Belly Dance 6:00pm - 8:00pm

Friday

Fitness Room 8:00am - 8:45pm
 Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm
 Table Tennis 8:00am - 8:45pm
 Aerobics 8:15am - 9:15am
 Computer Lab 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30am
 Open & Seniors Men's Basketball 11:00am - 12:00pm
 Badminton 1:00pm - 4:00pm
 Volleyball 5:30pm - 7:00pm
 Basketball 7:15pm - 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 12:00pm (2nd Saturday)
 Laughter Yoga 9:00am - 10:00am
 Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
 Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
 Magic Club 12:00pm - 3:00pm (3rd Saturday)
 Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)
 Belly Dance 10:00am - 12:00pm (1st Saturday of the Month)



Hot Chocolate Day

Please join us in the lobby
for a nice warm cup of hot
chocolate!

Wednesday, January 31st

10:30am-11:30am



"A Senior I Know" Essay Contest

Join the City of Albuquerque's 41st
annual "A Senior I Know" Essay
Contest" for youth grades K-5th

ENTER TO
WIN PRIZES

Essay Submissions due
**February 14, 2024 at
5:00 pm**



Visit the DSA Youth Website
for more information
Or
Call (505) 275-8731

Our Lovely Craft Fair

MANZANO MESA
MULTIGENERATIONAL
CENTER

501 ELIZABETH SE, 87123
FEBRUARY 10, 2024
10 AM - 2 PM

JOIN US FOR CRAFTS,
FOOD TRUCKS, AND
ENTERTAINMENT

