

January 2026 Newsletter

MANZANO MESA MULTIGENERATIONAL
CENTER

Happy
New Year

2026

A
New Year of
Adventure

Have a new goal for 2026?

Share with us!

On January 2, 2026 we will have a 2026
manifestation board in the lobby, share
your goals or something you are excited
about in 2026!

What are some goals
you may have?

- Personal growth & wellness
- Community volunteering
- Lifestyle changes
- Financial goals

Tips for successful goals

- Start with a small goal that
is achievable
- Be specific,
- Track your progress

Hot Chocolate Day

Tuesday, January 27, 2026

Celebrate hot chocolate day
with a cup of cocoa in the
lobby

10:00am



ONE
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RQUE senior affairs

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

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

1/1: CLOSED
1/9: AARP: Defensive Driving
1/10: TRIP: Walking Trip
1/13: Self-Serve: Health Kiosk
1/14: TRIP: Golden Corral
1/16: Road Runner Foodbank
1/19: CLOSED
1/20: GEHM Clinic
1/22: STEAM Night
1/9: AARP
1/23: TRIP: Santa Fe Round
House
1/27: Teeniors
1/27: Hot Chocolate Day

Accredited by
National Institute of
Senior Centers

ncoa

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- January 26, 2026 Bear Canyon Senior Center
- February 23, 2026 Santa Barbara Martinez Town

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



Tuesday,
January 27, 2026

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!

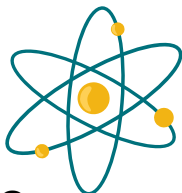
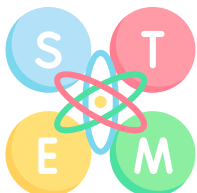
STEAM Night

January 22, 2026

5:00pm -7:00pm

Join us for a fun night of:

Science
Technology
Engineering
Art
Math



OPEN TO ALL AGES

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.



Tuesday, January 13, 2026
9:00am-11:00am



January 9, 2026

1:00pm-5:15pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK



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

Closed Holidays

We will be closed

Thursday, January 1, 2026

&

Monday, January 19, 2026

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 20, 2026
9:00am-12:00pm








*Hours are subject to change



JANUARY 2026

**ONE
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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
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz
 5 Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 6 Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 7 Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 8 Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 9 Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 12 Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 13 Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 14 Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 15 Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 16 Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
CLOSED 19 	 20 Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 21 Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 22 Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 23 BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 26 Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 27 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 28 Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 29 Green Chile Mac & Cheese w/ Broccoli 5oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 30 Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 4oz Jell-O 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 your lunch by 12:30 pm. Menu items subject to change.**

Manzano Calendar & Events

Monday

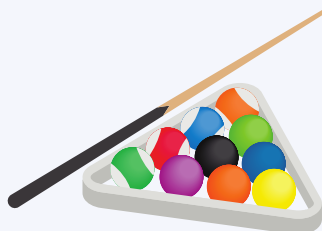
*Fitness room closed 1:30pm-2:00pm
for cleaning

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
Quilting 10:15am - 1:00pm (2nd Tues)
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 - 10:30 am
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 9:00am - 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

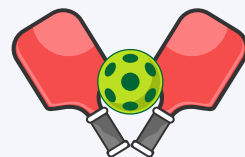
Friday

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)



Walking Group

Saturday, January 10, 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).

Trip: Golden Corral

Wednesday, January 14, 2026

Check-in: 1:45pm

Depart: 2:00pm

Return: 5:00pm



Trip: New Mexico State Capital Senior Day at the Round House

Friday, January 23, 2026

Check-in: 8:00am

Depart: 8:15am

Return: 2:00pm



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.

Mobile Food Pantry

Friday, January 16, 2026

2:00pm - 4:30pm

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



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 photograph that captures the essence of your relationship.

We will profile submissions throughout 2026 in recognition and celebration!



**Drop entries off at any
Senior or Multigenerational Center.**



Stories will be collected until February 14, 2026.

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