July 2022
Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what’s going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website.

Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque’s City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico. As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our “Coffee with Constituents” events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.
**Splash Pad**
The splash pad is open! All adults must have a valid membership and can bring up to 5 children with their membership.

**Hours of operation:**
- **Monday-Friday**
  - 11:00am-3:00pm &
  - Saturday 9:00am -11:45am

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**MANZANO MENA EVENTS AND HAPPENINGS**

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**MONTHLY BIRTHDAY PARTY!**
Celebrate your birthday with a slice of cake on us!!

**Tuesday July 26, 2022**
- 9:30am-10:30am

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**FRIENDSHIP COFFEE**
A cup of coffee shared with a friend is happiness had and time well spent.

**Monday July 11, 2022**
- 10:30am-11:30am

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**Shot Clinic**
Covid Vaccine and Covid Booster. No appointments necessary.

**Monday July 25, 2022**
- 1:00pm- 4:00pm
  - Sponsored by

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**GEHM CLINIC**
Students from the College of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.

**Tuesday July 19, 2022**
- 8:30am - 12:00pm

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**Shuffleboard**
We are in need of a facilitator for shuffleboard.

If you are interested see the front desk.
Well, our resident keyboard player, Tal Burdine is here to help!

**Upcoming Trips**

**Sante Fe Plaza**
Enjoy art galleries, shop or just explore the plaza

**Lunch at The Shed**

*At your own expense*

**Thursday July 21, 2022**
Check In: 9:00am
Depart: 9:15am
Sign up at the front desk

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**Adult Drawing Class**

*Don't know how to draw?*
Well, our resident keyboard player, Tal Burdine is here to help!
This 15 week class will give you the tools and knowledge to be able to improve your drawing skills.

**Interested? See the front desk**

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**BINGO RETURNS**

**Thursday, August 12th**
2:00pm-4:15pm

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**BREAKFAST AT MANZANO**

*Served 8:00am to 9:00am*
Monday through Friday

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Full Breakfast</td>
<td>1.50</td>
</tr>
<tr>
<td>2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla</td>
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<tr>
<td>Mini Breakfast</td>
<td>.75</td>
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<tr>
<td>1 egg, 1 bacon or sausage, hash browns, english muffin, toast or tortilla</td>
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<tr>
<td>Breakfast Burrito</td>
<td>1.50</td>
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<td>(chile optional)</td>
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<tr>
<td>Daily Specials</td>
<td></td>
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<tr>
<td>Biscuits and Gravy</td>
<td>1.00</td>
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<tr>
<td>Tuesday/Thursday 2 biscuits smothered in gravy</td>
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<tr>
<td>Waffle w/ Fruit</td>
<td>1.50</td>
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<tr>
<td>Wednesdays Waffle topped with fruit and whip</td>
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<tr>
<td>Huevos Rancheros</td>
<td>1.50</td>
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<tr>
<td>Friday 2 eggs served over corn tortillas, beans, cheese, chile, topped with lettuce, tomatoes &amp; onions</td>
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<tr>
<td>A-la Carte</td>
<td></td>
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<tr>
<td>Egg</td>
<td>.25</td>
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<tr>
<td>2 Pieces of bacon or sausage</td>
<td>.50</td>
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<tr>
<td>Cheese</td>
<td>.25</td>
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<tr>
<td>Pancake</td>
<td>.25</td>
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<tr>
<td>French Toast</td>
<td>.25</td>
</tr>
<tr>
<td>Egg Muffin Sandwich</td>
<td>1.00</td>
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<tr>
<td>Toast, Tortilla or English Muffin</td>
<td>.20</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>.30</td>
</tr>
<tr>
<td>Oatmeal w/milk</td>
<td>.70</td>
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<tr>
<td>Side of Chile (red or green)</td>
<td>.25</td>
</tr>
<tr>
<td>Drinks</td>
<td></td>
</tr>
<tr>
<td>Orange Juice or Milk</td>
<td>.25</td>
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<tr>
<td>Coffee, Tea or Hot Cocoa</td>
<td>.30</td>
</tr>
</tbody>
</table>
### 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 will return 8/8/22
- Gentle Exercise 9:30am - 10:30am
- Friendship Coffee 10:30am - 11:30am (2nd Monday)
- *Zumba Gold will return 8/8/22
- Happy Hookers 1pm - 3pm
- Volleyball 5:30pm - 8pm
- Yoga: Hatha Blend 6pm - 7:15pm
- Lions Club 6pm - 7:30pm (1st & 3rd)

### Tuesday
- 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 $5.00
- Flex & Tone 8:15am - 9:15am
- Pottery 8:30am - 11:30am
- *Line Dance: Intermediate will return 8/9/22
- *Pickleball Training 9:30am - 11:30am
- Open & Senior Men's Basketball 11:30am - 12:30pm
- *Bingo 2pm - 4:00pm
- *Pickleball 2pm - 4pm
- Badminton 5:30pm - 8:45pm
- Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
- Belly Dance 6pm - 8pm (Last Thursday)

### 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 will return 8/10/22
- Open Basketball 11:30am - 12:30pm
- *Starter Line Dancing will return 8/10/22
- Pinochle 1pm - 4:30pm
- *Line Dance: Beg/Improver will return 8/10/22
- Yoga: Beginning 5:30pm - 6:30pm
- Senior Men's Basketball 6pm - 8:45pm

*Classes will resume the second week of August

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**Thursday**

- 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 $5.00
- Pottery 9am - 1pm
- Computer Lab 9am - 11:15am
- *Pickleball Training 9:30am - 11:30am
- Open & Senior Men's Basketball 11:30am - 12:30pm
- Artist's Corner 1pm - 4pm
- *Bingo 2pm - 4:00pm
- *Pickleball 2pm - 4pm
- Badminton 5:30pm - 8:45pm
- Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
- Belly Dance 6pm - 8pm (Last Thursday)

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**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 - 11:30am
- Open & Seniors Men's Basketball 11am - 12:30pm
- Badminton will return 8/12/22
- *Line Dancing: Intermediate will return 8/12/22
- Volleyball 5:30pm - 7pm
- Basketball 7pm - 8:45pm

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**Saturday**

- Fitness Room 9am - 2:45pm
- Billiards 9am - 2:45pm
- Table Tennis 9am - 2:45pm
- Pickleball 9am - 12pm
- 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)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Lemon Pepper Chicken w/Brown Rice</td>
<td>Egg Salad Sandwich on Whole Grain Bread w/ Lettuce &amp; Tomato</td>
<td>Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll</td>
<td>Garlic Tilapia</td>
<td>Cheeseburger</td>
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<tr>
<td>Diced Beets</td>
<td>Carrot Sticks</td>
<td>Steak Fries w/Ketchup</td>
<td>Whole Wheat Pasta w/ Diced Tomatoes</td>
<td>Sweet Corn</td>
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<tr>
<td>Roasted Brussels Sprouts</td>
<td>Fresh Seasonal Fruit</td>
<td>Seasonal Vegetable</td>
<td>Calabacitas</td>
<td>Steak Fries</td>
</tr>
<tr>
<td>Chocolate Pudding</td>
<td>1% Milk</td>
<td>Fresh Seasonal Fruit</td>
<td>Yogurt</td>
<td>1% Milk</td>
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<tr>
<td>Onion</td>
<td>Spinach</td>
<td>Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce</td>
<td>Breaded Cod w/ Tartar Sauce over Brown Rice</td>
<td>Chicken Parmesan</td>
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<tr>
<td>Carrot</td>
<td>Pinto Beans</td>
<td>Seasonal Vegetable</td>
<td>Stewed Tomatoes</td>
<td>Spaghetti w/ Steamed Broccoli</td>
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<tr>
<td>Rice</td>
<td>Flour Tortilla</td>
<td>Spinach</td>
<td>Green Beans</td>
<td>Seasonal Vegetable</td>
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<tr>
<td>Fortune Cookie</td>
<td>Baked Apples</td>
<td>Breadstick</td>
<td>Fresh Seasonal Fruit</td>
<td>Fresh Seasonal Fruit</td>
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<td></td>
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<td>1% Milk</td>
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<tr>
<td>Sweet n Sour Chicken w/ Stir Fry Vegetables</td>
<td>Imperial Blend Vegetables</td>
<td>Salisbury Steak w/ Gravy</td>
<td>Cheese Omelet</td>
<td>BBQ Pork</td>
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<td>Seasonal Vegetable</td>
<td>Mashed Potatoes</td>
<td>Stewed Tomatoes</td>
<td>Roasted Sweet Potato</td>
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<td>Brown Rice</td>
<td>Seasonal Vegetable</td>
<td>Diced Potatoes</td>
<td>Seasonal Vegetable</td>
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<tr>
<td></td>
<td>Fortune Cookie</td>
<td>Fresh Banana</td>
<td>Whole Grain Biscuit w/ Margarine</td>
<td>Fresh Seasonal Fruit</td>
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<tr>
<td></td>
<td>1% Milk</td>
<td>Whole Grain Dinner Roll w/ Margarine</td>
<td>Mandarin Oranges</td>
<td>1% Milk</td>
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<tr>
<td>Spaghetti w/Meat Sauce</td>
<td>Baked Salmon w/ Lemon and Garlic</td>
<td>Red Chile Tamales</td>
<td>Macaroni &amp; Cheese w/ Steamed Broccoli</td>
<td>Chicken Salad Sandwich</td>
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<tr>
<td>Imperial Blend Vegetables</td>
<td>Ancient Grain Blend</td>
<td>Calabacitas</td>
<td>Seasonal Vegetable</td>
<td>Sliced Cucumber and Carrot Sticks</td>
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<tr>
<td>Seasonal Vegetable</td>
<td>Mushrooms &amp; Green Beans</td>
<td>Pinto Beans</td>
<td>Fresh Seasonal Fruit</td>
<td>Cole Slaw</td>
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<td>Fresh Seasonal Fruit</td>
<td>Fresh Seasonal Fruit</td>
<td>Fresh Seasonal Fruit</td>
<td>Yogurt</td>
<td>Fresh Seasonal Fruit</td>
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<tr>
<td>1% Milk</td>
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<td>1% Milk</td>
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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 chili, ensuring our seniors a healthy meal.

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.
End of Summer Splash Pad Party

THURSDAY AUGUST 4TH
5:30PM-7:30PM
TICKETS REQUIRED. PLEASE SIGN UP AT FRONT DESK