

July 2025 Newsletter

Manzano Mesa Multigenerational Center

COME AND GET BOMB POP FLOATS

July 3rd



After lunch we will be
serving bomb pop floats
in the Lobby

Mobile Food Pantry

Friday, July 18, 2025

2:30pm - 4:00pm

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

Yes its free

ROADRUNNER
FOOD BANK
OF NEW MEXICO



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 Aid
Maria Dominguez

General Services
Monica Rosales
Leon Mascarenas
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

6/30-7/3: Spirit week
7/3: Bomb pops /live Music
7/4: CLOSED/Independence Day
7/8: Health Screenings
7/11: Trip: Rattlesnake Museum
7/15: GHEM Clinic
7/15: TRIP: Zoo
7/17: Brain Games
7/18: Road Runner Food Bank
7/22: Trip: Chili's Restaurant
7/24: Digital Literacy
7/25: National Ice Cream Month
7/25: AAPR Defensive Driving
7/29: Art Gallery Youth & Senior
7/31: Tech Bingo

Accredited by
National Institute of
Senior Centers

ncoa

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



Beyond Walls Brain Games

Improves cognitive health through fun challenges Classes provided by the Beyond Walls Program.

Thursday, July 17, 2025

9:00am-10:00am

Sign up at the front desk

Beyond Walls Digital Literacy



Empowers participants with essential tech skills to stay connected. Classes provided by the Beyond Walls Program.

Thursday, July 24, 2025

9:00am-10:00am

Sign up at the front desk

Beyond Walls Bingo

Enhances mood and builds social connections. Bingo provided by the Beyond Walls Program.

Thursday, July 31, 2025

9:00am-10:00am

Winners get a \$10.00 Gift Card Mailed to the center!

SIGN UP AT THE FRONT DESK



Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



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, July 8, 2025

9:00am-11:00am



July 25, 2024

1:00pm-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 & AARP Membership Card

GEHM CLINIC

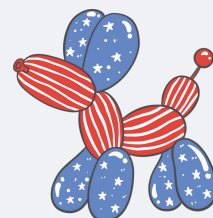
Students from the College of Nursing and Pharmacy provide clinic services: may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.



Tuesday, July 15, 2025

9:00am-12:00pm

**We will be closed
July 4th**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	CLOSED 4
Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion 4oz Salad 4oz Orange 1ea 1% Milk 8oz 	Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz 	
7	8	9	10	11
Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz 	Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz 	Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz 	Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz 
14	15	16	17	18
Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 	Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz 	Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz  	Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 
21	22	23	24	25
Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz 	Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz 	Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz 	Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz 	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz 
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 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 you lunch by 12:30 pm. Menu items subject to change.

Monday

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
Gentle Exercise 9:30am - 10:30am
Happy Hookers 1:00pm - 3:00pm
Volleyball 6:30pm - 8:45pm
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
Pottery 9:00am - 1:00pm
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 11:00am - 2:00pm
Sing-A-Long 1:30pm - 2:30pm (1st Tuesday)
Badminton 6:30pm - 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
EFT Tapping - 9:00am - 10:00am
Guitar Group 10:00am - 12:00pm
Gentle Exercise 9:30am - 10:30am
Pinochle 12:30pm - 4:00pm
Qigong: 4:00pm-5:30pm
Yoga: Beginning 5:30pm - 6:30pm \$
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-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Bible Discussion - 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
Tech Thursday Brain Games 9:00am - 10:00am
(2nd Thurs)
Tech Thursday Digital Literacy 9:00am - 10:00am
(3rd Thurs)
Tech Thursday Bingo 9:00am - 10:00am
(4th Thurs)
Artist Corner 1:00pm - 4:00pm
Badminton 6:30pm - 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 (Various
Fridays-Check with Front Desk)
Gentle Exercise 9:30am - 10:30am
Meditation Group 10:00am - 11:00am
TOPS 9:30am - 12:00pm
Bunco 11:00am - 2:00pm (2nd Fri)
Shanghai 11:00am - 3:00pm (1st, 3rd & 4th Fri)

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)
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)
Family Basketball 1:00pm - 2:45pm (15 & under
accompanied by parent/guardian)



***All classes subject to change**

Rattle Snake Museum & Old Town Pizza Parlor

Friday, July 11, 2025

Check in: 11:00am

Depart: 11:15pm

Return: 2:00pm

*Food is at your
own expense

ABQ Biopark Zoo

Tuesday, July 15, 2025

Check in: 8:45 am

Depart: 9:00 am

Return: 2:00 pm



Trip to Chili's

Tuesday, July 22, 2025

Check in: 11:00 am

Depart: 11:15 pm

Return: 1:30 pm



*Sign up at the front desk is required for ALL trips
Food is at your own expense

Open House

Wednesday,
August 6, 2025

10:00AM

Learn about classes,
events, etc.!



Join

Ruben and the Distractions
the 1st Thursday of every month
at lunch for live music

National Ice Cream

• Month •

Friday, July 25, 2025

After Lunch Free
Ice Cream



Spirit Week

Come dressed in your most spirited
attire.

Monday 6/30:
Space



Tuesday 7/1: Crazy
Hat/Hair

Wednesday 7/2: Favorite
T-shirt



Thursday 7/3: Red, White
and Blue

NEW

PROJECTS AT MANZANO MESA

SOUND PANELS

The sound panels in the Social Hall have been replaced. The Social Hall looks like a brand new room.

INTERCOM SYSTEM

Our New intercom system was funded through our District Councilor, Councilor Grout. We will be able to make center wide announcements and post short messages on the screens. It will also be tied to our clocks making time adjustments easier!

SPLASH PAD

The new and improved all inclusive Splash Pad was funded through our District Councilor, Councilor Grout. Opening soon the splash pad will be accessible for all ages and abilities.

60+ E-GAMING ROOM

The new 60+ E-gaming room is AAA Funded. It will have structured play time for different Nintendo Switch Games. The schedule will be posted outside of Room 1 door.

ROOM 5

Room 5 got a Makeover! Funded through our District Councilor, Councilor Grout. Room 5 got new flooring and a new paint color. The blue creates a cool and calming effect for our youth and all who use it.

Join us in Room 5
The Manzano Mesa
Youth Program will have
their Art displayed

Art Gallery
Youth & Senior

Tuesday,
July, 29, 2025
Open to the public
9:00am - 11:00am
&
4:30pm - 6:30pm



Manzano Mesa Multigenerational
Center

Coffee with Constituents

Join Director
Sanchez for coffee
in the Social Hall



THURSDAY, AUGUST 14, 2025
9:30AM – 10:30AM



**ONE
ALBUQUE
RQUE** senior affairs

**ONE
ALBUQUE
RQUE** volunteers
in action

Back To School Supply Drive

Help students succeed this fall by donating school supplies today!

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.

Items Needed

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils
- Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils



Scan to see
our registry
on Amazon



Bring Donations to your local senior or
multigenerational center before July 31, 2025

For more information call 505.764.1009

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior
community.

12:00pm-1:30pm

- **July 21, 2025**-North Valley Senior Center, 3825 4th St NW, 87107
- **August No Meeting**
- **September 15, 2025**-Manzano Mesa Multi-Gen, 501 Elizabeth SE, 87123
- **October 20, 2025**-Highland Senior Center, 131 Monroe NE, 87108
- **November 17, 2025**-Barelas Senior Center, 714 7th Street SW, 87102
- **December No Meeting**