

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE,
ALBUQUERQUE, NM
505.275.8731



July 2026 Newsletter

CENTER HOURS

M-F: 8AM-9PM
SAT: 9AM-3PM
SUN: CLOSED

Center Staff

Manager
Brittani Torres

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 Service
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

- 7/2: 4th of July celebration
- 7/3: CLOSED
- 7/7: Medicaid Workshop
- 7/8: Origami/Lunch Trip
- 7/10: AARP Defensive Driving
- 7/11: TRIP: Walking group
- 7/14: Coffee with a Cop
- 7/15: TRIP: Monroe's
- 7/17: Roadrunner Food Bank
- 7/21: GEHM Clinic
- 7/22: Movie Day
- 7/24: Art Gallery
- 7/29: TRIP Telephone Museum
- 7/31: Splashpad Night

FAMILY SPLASH! NIGHT

Friday, July 31, 2026

5:00pm-7:00pm

Join us for burgers,
popsicles, and fun!



Youth Program Art
Gallery

Friday, July 24, 2026

9:00am-6:00pm

Open to the public



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

ncoa

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- July 20, 2026: Highland Senior Center
- August: No Advisory council

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information

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 21, 2026
9:00am-12:00pm

Coffee with a Cop



Tuesday, July 14, 2026
9:00am-10:00am



GlamourGals

Friday, July 10, 2026
1:00pm-3:00pm

GlamourGals teen-led volunteer chapters are connecting generations through conversation, companionship, and our signature beauty makeovers.

Please sign up at the front desk.

GLAMOURgals

Enjoy Campanionship while getting a makeover



July 10, 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

Join the Senior Citizens' Law Office

For a Presentation on Medicaid for Long-Term Care Workshop



Tuesday, July 7, 2026
Starting at 9:00 am

Please sign up in advance for this presentation at the front desk.

Mobile Food Pantry
Friday, July 17, 2026
2:00pm - 4:30pm

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

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 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	 30 Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	 1 BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	 2 Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	CLOSED 3  4TH OF JULY WEEKEND
 6 Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	 7 Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	 8 Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	 9 Pasta Primavera w/ 5 Way Veggies 3oz Alfredo Sauce 2oz Spinach/Mushrooms 1oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	 10 Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
 13 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	 14 Teriyaki Chicken w/ Fajita Vegetables 3oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 15 Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	 16 Cheese Omelet w/ Peppers & Red Chile 3oz Stewed Tomatoes 2oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	 17 Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
 20 Beef w/ Peppers & Onions 3oz Normandy Blend 2oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	 21 Tuna Salad Sandwich 3oz Potato Chips 1ea Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	 22 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	 23 Green Chile Mac & Cheese 4oz Succotash 5oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	 24 Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
 27 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	 28 Green Chile Chicken Enchilada 3oz Cauliflower 5oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	 29 Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	 30  Anti-Inflammatory Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz	 31 Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz

Lunch:
Monday-Friday, 11:30am-1:00pm
Reservations are required the previous day prior to 1:00pm.
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

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

Monday

Fitness Room 8:00am - 8:45pm
Aerobics 8:15am - 9:15am
Billiards/ Table Tennis 8:00am - 10:00am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
African Language Class 10:00am-12:00pm
Needlework Group 10:00am-2:00pm
Billiards/ Table Tennis 11:30am - 12:30pm
Happy Hookers 1:00pm - 3:00pm
African Dance & Culture Class 4:00pm-8:00pm
Billiards/ Table Tennis 5:00pm - 8:45pm
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/ Table Tennis 8:00am - 10:00am
Computer Lab 8:00am - 8:45pm
Pottery 9:00am - 1:00pm
Billiards/ Table Tennis 11:30am - 12:30pm
Shuffleboard 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
Basic Qigong/Tai Chi 2:00pm - 3:00pm
Billiards/ Table Tennis 5:00pm - 8:45pm
Trout Tying Group 5:30pm - 8:30pm (1st & 3rd Tues)
Family Volleyball (Under 18 W/ Guardian) 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/ Table Tennis 8:00am - 10:00am
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
Book Club 10:00am - 12:00pm (1st Wed every other month)
Senior Basketball 11:30am - 12:30pm
Billiards/ Table Tennis 11:30am - 12:30pm
Pinocle 12:30pm - 4:00pm
Origami Workshop 1:30pm - 3:00pm (2nd Wednesday)
Billiards/ Table Tennis 5:00pm - 8:45pm
Yoga Beginning 5:30pm - 6:30pm \$
NM Council of Car Clubs 6:00pm - 8:00pm (4th Wednesday)
Open Basketball 6:30pm - 8:45pm
ABQ Astronomical Society 7:00pm - 8:45pm (1st & 3rd Wed)
Pow Wow Wellness 5:30pm - 7:30pm (last Wednesday)



***All classes subject to change**

*** Hours and classes may change during
the summer**

Thursday

Fitness Room 8:00am - 8:45pm
Billiards/ Table Tennis 8:00am - 10:00am
Computer Lab 8:00am - 8:45pm
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)
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
Billiards/ Table Tennis 11:30am - 12:30pm
Billiards/ Table Tennis 5:00pm - 8:45pm
NM Beginners Trout Tying Class 5:30pm-8:30pm
(1st Thurs)
Badminton 6:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm



Friday

Fitness Room 8:00am - 8:45pm
Billiards/ Table Tennis 8:00am - 10:00am
Computer Lab 8:00am - 8:45pm
Hula Hoop Group 8:45am - 9:45am (Select Fridays,
check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 11:30am
Meditation 10:00am - 11:00am
Billiards/ Table Tennis 11:30am - 12:30pm
AARP Defensive Driver Class (2nd Friday)
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Billiards/ Table Tennis 5:00pm - 8:45pm



Saturday

Fitness Room 9:00am - 2:45pm
Billiards/ 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
Beginner Scrapbooking Class (3rd Saturday)
Carvair Club 10:00am-12:00pm (1st Saturday)
Wise Woman Belly Dance 10:30am-12:00pm \$
Manzano Mesa Cloggers 11:30am-2:30pm
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 (17 & under accompanied by parent/guardian)



Trip: Walking Group

Saturday, July 11, 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).

*Sign up at the front desk is REQUIRED

Trip: Origami in the Garden & Lunch at Tortilla Flats

Wednesday, July 8, 2026

Check-in: 8:30am

Depart: 8:45am

Return: 3:00pm



Trip: Monroe's Restaurant

Wednesday, July 15, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm

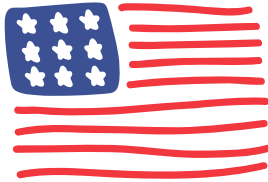


Fourth of July Celebration

Thursday, July 2, 2026

11:00am

In the lobby



Movie in the lobby

Wednesday, July 22, 2026

9:30am



Trip: Telephone Museum & Lunch at Baca Boys Cafe

Wednesday, July 29, 2026

Check-in: 9:15am

Depart: 9:30am

Return: 3:00pm

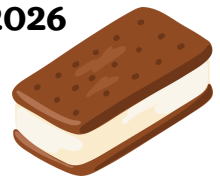


National Ice Cream Month

Thursday, July 23, 2026

12:00pm

In the lobby



Thank you for your Patience!

We are aware of the Gym AC unit being out of commission. The tentative install date for the new customized AC is mid- August. For the meantime we have ordered portable AC units to help cool the gym with a tentative delivery date of June 29th.

We appreciate your patience!

BIG ANNOUNCEMENT

NEW BREAKFAST MENU COMING!



The Department of Senior Affairs will continue to offer breakfast service at participating City of Albuquerque senior and multigenerational centers. Beginning Monday, July 6, guests can enjoy a refreshed breakfast menu featuring delicious, daily options.

To ensure the long-term sustainability of this valued program, we have made thoughtful updates to our breakfast menu, still featuring our popular plates with a focus on this service for our seniors only.

We are proud to be the only municipally operated senior breakfast program of its kind in New Mexico. More than a meal, breakfast is an opportunity for seniors to connect with friends, build community, and start the day together. Through our programming, there will also be renewed opportunities to bring seasonal and holiday breakfast specials to support those connections.

Below is the revamped breakfast menu that will be offered consistently across the Department of Senior Affairs.

Full Breakfast – \$4.00

Mini Breakfast – \$3.00

Breakfast Burrito – \$4.00

English Muffin Sandwich – \$3.00

Huevos Rancheros – \$5.00

(ONLY offered on Tuesdays and Fridays)

Beverages: Orange Juice, Milk, or Tea – \$0.50

Coffee – FREE!