

June 2023

Welcome Summer!

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://cabq.gov/seniors>.

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone. We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,
Director Anna Sanchez



Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Josephine Griego, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez,

Julie Mars &

Alexia Watson-Gallegos

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates & Announcements

6/8: Coffee w/ a cop

6/14: Flag Day

6/15: TRIP: Holocaust Museum

6/17: Movie Day: Hidden Figures

6/18: Father's Day

6/19: Juneteenth (Center CLOSED)

6/20: GEHM Clinic

6/21: Family Movie Night: Super Mario Bros

Accredited by 
National Institute of
Senior Centers

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

Holocaust Museum & The Paleta Bar Thursday, June 15th



Check in: 12:45pm
Depart: 1:00pm
Return: 3:30pm

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

Mixed Media/Found Object Sculpture Workshop

Taught by: Leslie Blaustein
Starting June 5th

Mondays from 1:00pm-4:00pm

In this 6 week workshop, students will use natural and human created materials and various art mediums to assemble a sculpture that may represent an imaginary figure, animal, creature, structure or mode of transportation.

Sign-up at the front desk

CAREGIVERS TOOLBOX

Workshops to provide family caregivers with the skills to prepare for the journey ahead.

- **Caregiver Self Care**
- **Community Resources**
- **Understanding and Addressing Difficult Behavior**
- **Dementia 101**
- **Advance planning**

Join Us! No pre-registration required.

For more information contact:
erin@familycaregivernm.org
(505)494-4021



**Wednesdays
6:00pm - 7:30pm
March 1st - June 28th**

SANTA FE NATIONAL CEMETARY



Check in: 8:00am
Depart: 8:15am
Return: 4:00 pm

Wednesday, June 14th

LIMITED SPOTS

SIGN UP AT THE FRONT DESK

Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in becoming more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, or participate in a service project. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

Monday

Fitness Room 8am - 8:45pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Computer Lab 8:00am - 8:45pm
 *Line Dance: will return 8/7/23
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
 Zumba Gold 10:45am - 11:45am \$
 Happy Hookers 1pm - 3pm
 Volleyball 5:30pm - 8:30pm
 Line Dance 6:00pm - 8:00pm
 Yoga: Hatha Blend 6pm - 7:15pm \$



Tuesday

Fitness Room 8am - 8:45pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 *Tai Chi will return 8/8/23
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 11:30am
 *Line Dance: Intermediate will return 8/7/22
 Pickleball Training 9:30am - 11:30am
 Shuffle Board 1:00pm - 4:00pm
 Sing-a-Long 1:30pm - 2:30pm
 Badminton 5:30pm - 8:45pm
 Functional Fitness 6:30pm - 7:30pm
 Celtic Sessions Group 6:30pm - 8:30pm
 Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8am - 8:45 pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
 Woodcarving 8am - 11:30am
 Aerobics 8:15am - 9:15am
 Computer Lab 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 Meditation Group 10:10am - 11:10am
 Zumba Gold 10:45am - 11:45am \$
 Open Basketball 11:30am - 12:30pm
 *Starter Line Dancing will return 8/9/23
 Pinochle 1pm - 4:30pm
 *Line Dance: Beg/Improver will return 8/9/23
 Yoga: Beginning 6:00pm - 7:00pm \$
 Senior Men's Basketball 6pm - 8:45pm
 Albuquerque Astronomical Society 7:00pm - 8:45pm
 (1st & 3rd Wednesday)



Thursday

Fitness Room 8am - 8:45pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Flex & Tone 8:15am - 9:15am
 *Tai Chi will return 8/10/23
 Pottery 9am - 1pm
 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 will return 8/10/23
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
 Belly Dance 6pm - 8pm

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 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30pm
 Open & Seniors Men's Basketball 11am - 12:00pm
 Badminton 1:00pm - 4:00pm
 Clogging: Starter to Intermediate 5:00pm - 7:30pm
 Volleyball 5:30pm - 7pm
 Basketball 7:15pm - 8:45pm

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



*classes postponed. Will resume second week of August



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
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/ Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk 	31 ♦ Soft Tacos-Beef/ Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk 	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk 	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/ Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk 
5 ♦ Salisbury Steak ♦ Scalloped Potatoes ♦ Green Beans ♦ Orange ♦ 1% Milk 	6 ♦ BBQ Chicken Sandwich ♦ Roasted Potatoes ♦ Cherry Cobbler ♦ Hamburger Bun ♦ 1% Milk 	7 ♦ Spinach Lasagna ♦ Italian Blend ♦ Breadstick ♦ Pineapple ♦ 1% Milk 	8 ♦ Tilapia w/Garlic Sauce ♦ Ancient Grains ♦ Carrots ♦ Peaches ♦ 1% Milk 	9 ♦ Green Chile Stew: Diced Pork ♦ Pinto Beans ♦ Baked Apples ♦ 1% Milk 
12 ♦ Beef Tips/Gravy/ Bowtie Pasta ♦ Green Beans ♦ Peach Cobbler ♦ 1% Milk 	13 ♦ Baked Chicken Thigh ♦ Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll /Margarine ♦ 1% Milk 	*Cold Meal* 14 ♦ Tuna Salad ♦ Romaine Spinach Red Onion Salad ♦ Croissant/Dressing ♦ Grapes ♦ 1% Milk 	15 ♦ Beef Fajita ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk 	16 ♦ Pork Roast w/Creamy Onion Gravy ♦ Steamed Broccoli ♦ Mashed Sweet Potatoes ♦ Dinner Roll/Margarine ♦ Pears ♦ 1% Milk 
19 CLOSED In Observance of Juneteenth	20 ♦ Cajun Chicken & Sausage Jambalaya ♦ Okra ♦ Cornbread ♦ Peaches ♦ 1% Milk 	21 ♦ Baked Garlic Lemon Pepper Salmon ♦ Ancient Grain ♦ Carrot ♦ Cantaloupe ♦ 1% Milk 	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Breadstick ♦ Vanilla Pudding ♦ 1% Milk 	23 ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk 
26 ♦ Baked Pork Chop w/ Gravy ♦ Mashed Sweet Potatoes ♦ Broccoli/Cauliflower ♦ Yogurt ♦ Dinner Roll w/ margarine ♦ 1% Milk 	27 ♦ Meatballs w/Marinara ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Whole Grain Hoagie Roll ♦ 1% Milk 	*Cold Meal* 28 ♦ Turkey Salad ♦ Carrot Raisin Salad ♦ Wheat Crackers ♦ Pineapple ♦ 1% Milk 	29 ♦ Garlic Tilapia ♦ Roasted Potatoes ♦ Collard Greens ♦ Dinner Roll w/ margarine ♦ Strawberries ♦ 1% Milk 	30 ♦ Baked Cheese Ziti ♦ Steamed Green Beans and Mushrooms ♦ Garlic Breadstick ♦ Orange ♦ 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.

Welcome our new Program Coordinator

Josephine Griego

Josephine joins us from Rio Bravo Meal Site, where she has served 8 years as a Coordinator with the City of Albuquerque. She is an Albuquerque native and mother of two exceptionally wonderful children. Some of her hobbies include spending time with her family, traveling, and enjoying new restaurants. She is very excited to start her new position as Manzano Mesa's Senior Program Coordinator and is ready to bring new energy and ideas to the members and community. Please don't hesitate to stop and introduce yourself to Josephine!



Manzano Mesa Multigenerational Center

FAMILY MOVIE NIGHT

FEATURING

THE SUPER MARIO BROS. MOVIE

Enjoy dinner, desert and the movie

Bring a blanket or sleeping bag

WEDNESDAY JUNE, 21, 2023

6:00PM - 8:00PM
SOCIAL HALL

The image is a colorful poster for a family movie night. It features the title 'THE SUPER MARIO BROS. MOVIE' in large, multi-colored letters. Below the title are three screenshots from the movie: Mario and Princess Peach, Bowser, and a group of characters. The text 'Enjoy dinner, desert and the movie' and 'Bring a blanket or sleeping bag' is written in blue. The date and time 'WEDNESDAY JUNE, 21, 2023' and '6:00PM - 8:00PM SOCIAL HALL' are at the bottom.

Please sign-up at the Front Desk

June 19th, 2023
SORRY WE'RE CLOSED
for Juneteenth

Department of Senior Affairs Advisory Council

Help promote, advocate, and support the senior community

2023 Meeting Schedule

June 26: Bear Canyon Senior Center-4645 Pitt NE,
87111

July 17: Highland Senior Center-131 Monroe NE,
87108

August 2023: No Meeting