

June 2025 Newsletter

Message from Dir. Sanchez:

Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Masquerade Ball at Highland Senior Center on June 26th, a day of joy, inclusion, and connection.

Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults!

Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey - we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and

I am grateful!

Sincerely,

Anna M. Sanchez, Director



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

6/2-6/6: Center CLOSED

6/10: Self Serve Kiosk

6/11: TRIP: Santa Fe Cemetery

6/12: Brain Games

6/13: Fathers Day BBQ

6/17: GHEM Clinic

6/18: Movie in the Lobby

6/19: CLOSED

6/20: Popsicle Day

6/23: Teeniors

6/17: TRIP: Genghis Grill

6/26: TRIP: Zoo

6/26: Tech BINGO

6/27: Roadrunner Foodbank

6/27: AARP Driving course

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.



Beyond Walls Brain Games

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

Thursday, June 12, 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, June 26, 2025

9:00am-10:00am

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

SIGN UP AT THE FRONT DESK



June 23, 2025

2:00pm-3:00pm

or

3:00pm-4:00pm

One-on-one help with technology

Please sign up at front desk to make a one-on-one appointment!

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



Mobile Food Pantry

Friday, June 27, 2025

2:30pm - 4:00pm

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

FREE!



June 27, 2024

1:00pm-5:15pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK

Pynt: 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, June 17, 2025

9:00am-12:00pm

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, June 10, 2025

9:00am-11:00am

Manzano Mesa will be closed

June 2nd - 6th 2025

June 19, 2025

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 |
|--|--|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz  | Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz  | Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz  | Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz  | Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz  |
| 9 | 10 | 11 | 12 | 13 |
| Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz  | Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz  | Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz  | Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz  | Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz  |
| 16 | 17 | 18 | CLOSED 19 | 20 |
| Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz  | Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz  | Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz  |  | Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz  |
| 23 | 24 | 25 | 26 | 27 |
| Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz  | Chicken Salad 4oz <i>*May Contain Nuts</i> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz  | Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz  | Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz  | Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea 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 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
 EFT Tapping Group 9:00am -10:00am
 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 \$



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



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



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)

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
 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)



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



Santa Fe Cemetery Trip

Wednesday, June 11, 2025

Check in: 8:30am

Depart: 8:45am

Return: 4:30pm



Free

*Sack Lunch Provided

ABQ Biopark Zoo

Thursday, June 26, 2025

Check in: 8:00 am

Depart: 8:15pm

Return: 12:30pm



Genghis Grill

Tuesday, June 17, 2025

Check in: 10:45 am

Depart: 11:00 am

Return: 1:00 pm



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

Mystery Movie

Wednesday, June 18, 2025

10:00am
In the Lobby





POPSICLE DAY

June 20th at 1:00pm

In the lobby

Pop-Pops Italian Ice



1:00pm -4:00pm

Every Thursday

*At your own expense

Spirit Week

June 30th-July 3rd

Monday: Space

Tuesday: Crazy Hat/Hair

Wednesday: Favorite T-shirt

Thursday: Red, White and Blue





DANCE

WITH

PRIDE

THURSDAY JUNE 26TH

2:00PM-4:00PM

Highland Senior Center

LIVE MUSIC / PHOTO BOOTH / TABLING

Celebrate LGBTQ Pride Month-All Are Welcome



FATHER'S DAY

BBQ

CELEBRATION

FRIDAY, JUNE 13TH

10:00AM - 11:30AM

CAR SHOW
FOOD
DRINKS



Manzano Mesa Splash Pad

COMING JULY 2025!

While we anxiously await the opening of our new, all-inclusive splash pad, please consider visiting these alternate locations:

Cesar Chavez

7505 Kathryn SE, 87108
505-256-2680

North Domingo Baca

7521 Carmel NE, 87113
505-768-4901

Wells Park

500 Mountain NE, 87102
505-848-1390

Westgate

10001 De Vargas SW, 87121
505-768-4750