

# MANZANO MESA MULTIGENERATIONAL CENTER



## June 2026 Newsletter

501 ELIZABETH ST. SE,  
ALBUQUERQUE, NM  
505.275.8731

### 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

6/1-6/5: CLOSED  
6/9: Self Serve Health Kiosk  
6/10: TRIP: Santa Fe National Cemetery  
6/12: AARP Defensive Driving  
6/12: Fathers Day BBQ  
6/13: TRIP: Walking Group  
6/16: GEHM Clinic  
6/17: TRIP: Route 66 Diner  
6/18: Movie Day: Grease  
6/19: CLOSED: Juneteenth  
6/29: Alzheimer's & Brain Awareness  
Month  
6/24: TRIP: The Range Cafe  
6/26: Roadrunner Foodbank  
6/30: Power of Attorney Workshop  
7/3: CLOSED: Independence Day

## Letter from Director Sanchez

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests.

Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.



**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



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  |
|--|---|---|--|---|
| <b>1</b><br>BBQ Chicken Sandwich 1ea<br>Sweet Potato Mash 4oz<br>Spinach w/ Onions 4oz<br>Applesauce 4oz<br>1% Milk 8oz                            | <b>2</b><br>Greek Pasta Salad 4oz<br>Cucumber/Red Onion 4oz<br>Salad w/ Ranch 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Oranges 4oz<br>1% Milk 8oz | <b>3</b><br>Pork Tamale 3oz<br>Red Chile 1oz<br>Spanish Rice 4oz<br>Pinto Beans 4oz<br>Jell-O 1ea<br>1% Milk 8oz  | <b>4</b><br>Mushroom Swiss Veggie Burger 1ea<br>Diced Potatoes 4oz<br>Stewed Tomatoes 4oz<br>Wheat Bun 1ea<br>Diced Peaches 4oz<br>1% Milk 8oz | <b>5</b><br>Beef Steak /Onions 3oz<br>Gravy 1oz<br>Mashed Potatoes 4oz<br>Green Beans 4oz<br>Banana 4oz<br>1% Milk 8oz  |
| <b>8</b><br>Bake Ham 3oz<br>Pineapple Sauce 1oz<br>Rice Pilaf 4oz<br>Brussel Sprouts 4oz<br>Orange 4oz<br>1% Milk 8oz                              | <b>9</b><br>Egg Salad Sandwich 1ea<br>Potato Salad 4oz<br>Coleslaw 4oz<br>Yogurt 4oz<br>1% Milk 8oz   | <b>10</b><br>Salisbury Steak 3oz<br>Mushroom & Onion Gravy 1oz<br>Green Beans 4oz<br>Mashed Potatoes 4oz<br>Brownie 1ea<br>1% Milk 8oz                      | <b>11</b><br>Whole Wheat Rotini Pasta 4oz<br>Spinach w/ Onions 4oz<br>Breadstick 1ea<br>Strawberries 3oz<br>1% Milk 8oz                        | <b>12</b><br>Teriyaki Pork 3oz<br>Peppers 1oz<br>Brown Rice 4oz<br>Normandy Blend 4oz<br>Watermelon 4oz<br>1% Milk 8oz  |
| <b>15</b><br>Meatloaf 3oz<br>Tomato Sauce 1oz<br>Green Beans 4oz<br>Cauliflower 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pear 4oz<br>1% Milk 8oz | <b>16</b><br>Baked Chicken Thigh 3oz<br>Diced Beets 4oz<br>Brown Rice 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Yogurt 4oz<br>1% Milk 8oz          | <b>17</b><br>Pork Roast 3oz<br>Gravy 1oz<br>Spinach/Mushrooms 4oz<br>Sweet Potato Mash 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Jell-O 4oz<br>1% Milk 8oz | <b>18</b><br>Elbow Mac & Cheese w/ Broccoli 4oz<br>Steamed Carrots 4oz<br>Purple Cabbage w/ Apples 4oz<br>Honeydew 1ea<br>1% Milk 8oz          | <b>CLOSED 19</b><br><br><b>JUNETEENTH</b>   |
| <b>22</b><br>Red Chile Beef Enchiladas 4oz<br>Pinto Beans 4oz<br>Spanish Rice 4oz<br>Yogurt 1ea<br>1% Milk 8oz                                     | <b>23</b><br>Chicken Salad 4oz<br>Coleslaw 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Chocolate Pudding 1ea<br>1% Milk 8oz                          | <b>24</b><br>Baked Pollok 3oz<br>Black Beans 4oz<br>Steamed Broccoli 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Applesauce 4oz<br>1% Milk 8oz               | <b>25</b><br>Baked Ziti 5oz<br>Corn, Peppers & Lima Beans 4oz<br>Breadstick 1ea<br>Orange 4oz<br>1% Milk 8oz                                   | <b>26</b><br>Carne Adovada 4oz<br>Calabacitas 4oz<br>Green Beans 4oz<br>Flour Tortilla 2ea<br>Jell-O 4oz<br>1% Milk 8oz |
| <b>29</b><br>Chicken Parmesan 4oz<br>Green Beans 4oz<br>Steamed Carrots 4oz<br>Pear 4oz<br>1% Milk 8oz   | <b>30</b><br>Salisbury Steak 3oz<br>Gravy 1oz<br>Brussel Sprouts 4oz<br>Normandy Blend 4oz<br>Jell-O 4oz<br>1% Milk 8oz                             | <b>1</b><br>BBQ Pulled Pork 3oz<br>Diced Sweet Potatoes 4oz<br>Spinach w/ Onions 4oz<br>Wheat Bun 1ea<br>Yogurt 4oz<br>1% Milk 8oz                          | <b>2</b><br>Green Chile Cheese Veggie Burger 1ea<br>Scalloped Potatoes 4oz<br>Stewed Tomatoes 4oz<br>Diced Peaches 4oz<br>1% Milk 8oz          | <b>CLOSED 3</b><br><br><b>4TH OF JULY WEEKEND</b>   |



**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.**



## Monday

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

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 \$



## 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  
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)  
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  
Shuffleboard 1:00pm - 4:00pm  
Sing-A-Long 1:00pm - 2:30pm  
Basic Qigong/Tai Chi 2:00pm - 3:00pm  
Trout Tying Group 5:30pm - 8:30pm (1<sup>st</sup> & 3<sup>rd</sup> 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



## Friday

Fitness Room 8:00am - 8:45pm  
Billiards-8:00am - 8:45pm  
Table Tennis-8:00am - 8:45pm  
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  
AARP Defensive Driver Class (2<sup>nd</sup> Friday)  
Beading Craft Club 2:00pm - 5:00pm (1<sup>st</sup> Friday)



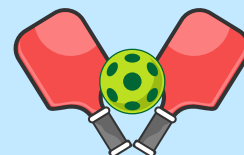
## Wednesday

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  
Book Club 10:00am - 12:00pm (1<sup>st</sup> Wed every other month)  
Senior Basketball 11:30am - 12:30pm  
Pinochle 12:30pm - 4:00pm  
Origami Workshop 1:30pm - 3:00pm (2<sup>nd</sup> Wednesday)  
Yoga Beginning 5:30pm - 6:30pm \$  
NM Council of Car Clubs 6:00pm - 8:00pm (4<sup>th</sup> 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)



## 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)  
Machine Knitting Group 9:30am - 2:30pm (2nd Saturday)  
Laughter Yoga 9:00am - 10:00am  
Wise Woman Belly Dance 10:30am-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)  
Vietnamese Senior Group 9:00am-12:00pm (2nd & 4th Saturday)  
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)



## Trip: Walking Group

Saturday, June 13, 2026

Check-in: 9:00am

Depart: 9:15am

Return: 1:00pm



Join our walking group every 2<sup>nd</sup> 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

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## Trip: The Range Cafe

Wednesday, June 24, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm




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## Alzheimer's & Brain Awareness month

Monday, June 29, 2026

10:00am in the lobby

Wear Purple



"The longer I live, the more beautiful life becomes."

~ Frank Lloyd Wright

## Trip: Rail Runner

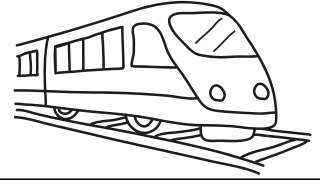
### Santa Fe National Cemetery

Wednesday, June 10, 2026

Check-in: 8:15am

Depart: 8:30am

Return: 5:00pm




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## Trip: Route 66 Diner

Wednesday, June 17, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm




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## Movie in the lobby

Thursday, June 18, 2026

9:30am




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## Global Wellness Day

Monday, June 15, 2026

10:00am

In the lobby



## June Lobby Boards



**Alzheimer's and Brain Awareness Month:** Alzheimer's Disease is a type of dementia that can cause memory loss, difficulty thinking and can affect behavior.

**World Oceans Day:** observed annually on June 8<sup>th</sup> to raise awareness of the ocean and their important impact to the world.

**Juneteenth:** observed on June 19<sup>th</sup> this federal holiday commemorates the emancipation of all enslaved people in the confederate states.

**JUNE TEENTH** Check out the boards in the lobby for ways to celebrate and learn more.

For all our events, please visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors) and click on the 'Senior Affairs Events' tab on the left side of the page.



# MANZANO MESA SPRAY PAD

OPENING MONDAY, JUNE 15, 2026

MONDAY-FRIDAY 12:00PM-5:00PM

SATURDAY 10:00AM-2:00PM

SUNDAY- CLOSED

\*HOURS OF OPERATION MAY VARY DUE TO WEATHER

\*MEMBERSHIP REQUIRED PER ADULT



## Youth Program Art Gallery

Friday, July 24, 2026

9:00am-6:00pm

Open to the public



## Mobile Food Pantry

Friday, June 26, 2026

2:00pm - 4:30pm

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

ROADRUNNER  
FOOD BANK  
OF NEW MEXICO

