June 2022

Hello!
It feels like the month of May came and went! In celebration of May’s Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director
Department of Senior Affairs

Center Hours
M-F: 8a-9p Sat: 9a-3p
Sun Closed

Center Staff
Natasha Montoya, Center Manager
David Goode, Center Supervisor
Esperanza Molina, Coordinator
Marissa Gonzales,
Office Assistant
Mailiya Williams,
Katherine Jimenez,
Abril Ramirez,
Program Assistant
Angie Marentes,
Recreation Assistant
Leroy Chamber, Cook
Maria Dominguez, Kitchen Aid
Brandi Bahe, General Services
Monica Rosales, General Services
Leon Mascarenas, General Services

Special Dates & Announcements
6/13: Splash Pad Opens
6/20: Closed in Observance of Juneteenth
6/22: Covid Vaccine Clinic
6/23: Open House Splash Pad

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

The splash pad will be opening June 13th! All adults must have a valid membership and can bring up to 5 children with their membership.

Hours of operation:
**Monday-Friday**
11:00am-3:00pm &
**Saturday** 9:00am -11:45am

MONTHLY BIRTHDAY PARTY!
Celebrate your birthday with a slice of cake on us!!
**Tuesday June 28, 2022**
9:30am-10:30am

FRIENDSHIP COFFEE
A cup of coffee shared with a friend is happiness had and time well spent.
**Monday June 13, 2022**
9:30am-10:30am

VACCINE CLINIC
Covid Vaccine, Covid Booster and no appointments necessary.
**Wednesday June 22, 2022**
9:00am - 12:00pm

Sponsored by: BestBuy Drugs

GEHM CLINIC
Students from the College of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.
**Tuesday June 21, 2022**
8:30am - 12:00pm

SUMMER YOUTH PROGRAM
We are looking forward to our 8 week summer recreation program.
Starting June 13!
FUNCTIONAL FITNESS

Tuesday's
6:30 - 7:30pm

PERSONAL DEFENSE

Tuesday's
7:30 - 8:30pm

SING -A- LONG

Members wanted come share your talent!

If you are interested please see the front desk

WHAT IS JUNETEENTH

What is Juneteenth? Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name “Juneteenth” references the date of the holiday, combining the words “June” and “nineteenth”

BINGO IS BACK

Join the fun and test your luck.
Thursday's
2:00pm-4:15pm

BREAKFAST AT MANZANO

Served 8:00am to 9:00am
Monday through Friday

Full Breakfast.......................................................... 1.50
2 eggs, 2 pieces of bacon or sausage,
hash browns, english muffin, toast or tortilla

Mini Breakfast.......................................................... .75
1 egg, 1 bacon or sausage, hash browns, english
muffin, toast or tortilla

Breakfast Burrito..................................................... 1.50
(chile optional)

Daily Specials

Biscuits and Gravy.................................................... 1.00
Tuesday/Thursday 2 biscuits smothered in gravy

Waffle w/ Fruit......................................................... 1.50
Wednesdays Waffle topped with fruit and whip

Huevos Rancheros..................................................... 1.50
Friday 2 eggs served over corn tortillas, beans,
cheese, chile, topped with lettuce, tomatoes, &
onions

A-la Carte

Egg.............................................................. .25
2 Pieces of bacon or sausage......................... .50
Cheese............................................................. .25
Pancake............................................................. .25
French Toast....................................................... .25
Egg Muffin Sandwich........................................... 1.00
Toast, Tortilla or English Muffin......................... .20
Hash Browns...................................................... .30
Oatmeal w/milk.................................................. .70
Side of Chile (red or green)......................... .25

Drinks

Orange Juice or Milk............................................. .25
Coffee, Tea or Hot Cocoa................................. .30
**Monday**

- 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
- Beading 8:30am - 12pm
- Computer Lab 9am - 11:15am
- Gentile Exercise 9:30am - 10:30am
- Friendship Coffee 9:30am - 10:30am (2nd Monday)
- Zumba Gold will return 8/8/22
- Happy Hookers 1pm - 3pm
- Volleyball 5:30pm - 8pm
- Yoga: Hatha Blend 6pm - 7:15pm $
- Lions Club 6pm - 7:30pm (1st & 3rd)

**Tuesday**

- Fitness Room 8am - 8:45pm
- Billiards 8am - 3pm / 5:30pm - 8:45pm
- Table Tennis 8am - 3pm / 5:30pm - 8:45pm
- Computer Lab 9am - 11:15am
- Tai Chi 9am - 10am $
- Flex & Tone 8:15am - 9:15am
- Pottery 9am - 1pm
- Gentle Exercise 9:30am - 10:30am
- Line Dance: Intermediate will return 8/9/22
- Pickleball Training 9:30am - 11:30am
- Open & Senior Men's Basketball 11am - 1pm
- 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 - 1pm / 5:30pm - 8:45pm
- Table Tennis 8am - 1pm / 5:30pm - 8:45pm
- Woodcarving 8am - 11:30am
- Aerobics 8:15am - 9:15am
- Computer Lab 9am - 11:15am
- Gentle Exercise 9:30am - 10:30am
- Meditation Group 10:10am - 11:10am
- Zumba Gold will return 8/10/22
- Open Basketball 11:30am - 12:30pm
- Starter Line Dancing will return 8/10/22
- Pinochle 1pm - 4:30pm
- Line Dance: Beg/Improver will return 8/10/22
- Yoga: Beginning 5:30pm - 6:30pm
- Senior Men's Basketball 6pm - 8:45pm

**Thursday**

- Fitness Room 8am - 8:45pm
- Billiards 8am - 3pm / 5:30pm - 8:45pm
- Table Tennis 8am - 3pm / 5:30pm - 8:45pm
- Flex & Tone 8:15am - 9:15am
- Tai Chi 9am - 10am $
- Pottery 9am - 1pm
- Computer Lab 9am - 11:15am
- Pickleball Training 9:30am - 11:30am
- Open & Senior Men's Basketball 11:30am - 1:00pm
- Artist's Corner 1pm - 4pm
- Bingo 2pm - 4:00pm
- Pickleball 2pm - 4pm
- Badminton 5:30pm - 8:45pm
- Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
- Belly Dance 6pm - 8pm (Last Thursday)

**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 9am - 11:15am
- Gentle Exercise 9:30am - 10:30am
- Tops 10:00am - 11:30pm
- Open & Seniors Men's Basketball 11am - 1pm
- Badminton will return 8/12/22
- Line Dancing: Intermediate will return 8/12/22
- Volleyball 5:30pm - 7pm
- Basketball 7pm - 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 & 4th Saturday)
- Laughery Yoga 9am - 10am
- Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
- Cherokees of NM 12pm - 2:45pm (3rd Saturday)
- Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)
- Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

*classes postponed. Will resume the second week of August*
Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 275-8731 to make your reservation by 1:00pm the day prior.
Open House
AT THE SPLASH PAD
BEAT THE HEAT OF SUMMER
FOOD AND MUSIC
THURSDAY JUNE 23RD
5:30-7:30PM
SIGN UP AT FRONT DESK