



March 2024

Message from Director Sanchez:

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelmas Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,

Anna M. Sanchez, Director



Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

Vacant, Center Supervisor

Esperanza Molina, Coordinator

Josephine Griego, Coordinator

Vacant, Office Assistant

Katherine Jimenez,

Alexia Watson-Gallegos,

Alex (James) Torres

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Andre Valdez, General Services

Special Dates & Announcements

3/1: Employee appreciation Celebration

3/6: ABQ Coffee trip

3/8: National Women's Day

3/13: National History Museum Trip

3/13: Movie in the Lobby

3/14: National Pie Day Celebration

3/15: St. Patrick's Day

3/19: GHEM Clinic

3/20: Santuario De Chimyo Trip

3/21: World Poetry Day Poetry Slam

3/22: Teeniors

3/26: Olive Garden Trip

3/29: Defensive Driving

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.



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, March 19, 2024
9:00am-12:00pm

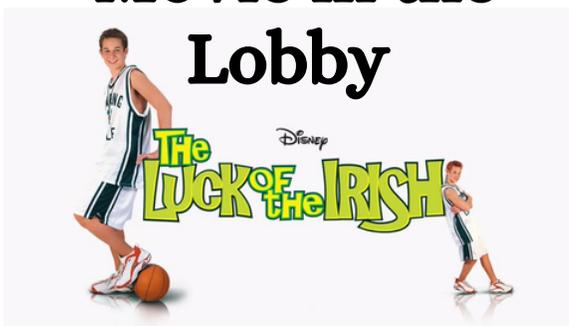
Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?
Call 505-880-2800 for more

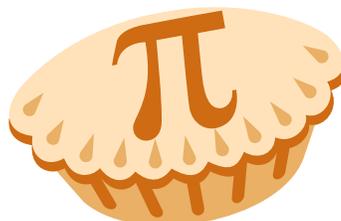
information



Movie in the Lobby



Friday, March 15, 2024
10:00am
Sign up at the front desk



TEENIORS

tech-savvy teens empowering seniors

FREE WORKSHOP!



Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology, while providing paid, meaningful jobs for youth in N.M.!

March 22, 2024

4:00pm-6:00pm

Call 505-275-8731 to schedule your appointment

AARP®

March 29, 2024

1:00pm -5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK

Pytm: Cash/check to instructor in class

Bring Drivers License & AAARP Membership Card



The game room hours will vary

March 27, 2024 - April 5, 2024

3.14 Pie Day

Thursday, March 14th

10:30am- 11:00am

Sign up at the front desk

ABQ Coffee

Wednesday, March 6, 2024

Check in: 9:00am

Depart: 9:15am

Return: 11:00am

At own expense

Sign up at the front desk



Natural History Museum

Wednesday, March 13, 2024

Check in: 8:30 am

Depart: 8:45 am

Return: 11:30am

At own expense

Sign up at the front desk



Santuario De Chimayo

Wednesday, March 20, 2024

Check in: 8:45 am

Depart: 9:00am

Return: 4:00pm

At own

expense

Sign up at the

front desk



Olive Garden

Tuesday, March 26, 2024

Check in: 10:45 am

Depart: 11:00am

Return: 1:00pm

At own expense

Sign up at the

front desk



Coming soon! The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

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
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 
4 ♦ Diced pork over rice ♦ Yams ♦ Imperial blend vegetables ♦ Orange ♦ 1% milk 	5 ♦ Turkey w/gravy ♦ Stuffing ♦ Peas and carrots ♦ Chocolate chip cookie ♦ 1% milk 	6 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	7 ♦ Breaded cod w/tartar sauce ♦ Steak fries w/ketchup ♦ Peas ♦ Brownie ♦ 1% milk 	8 ♦ Green chile posole ♦ Black beans ♦ Calabacitas ♦ Pears cupped ♦ 1% milk 
11 ♦ Beef fajitas ♦ Pinto beans ♦ Collard greens ♦ Flour tortilla ♦ Mixed fruit cup ♦ 1% milk 	12 ♦ Chicken alfredo w/ penne pasta ♦ Green beans w/ mushrooms ♦ Garlic bread stick ♦ Orange ♦ 1% milk 	13 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	14 ♦ Red chile omelet ♦ Rosemary potatoes ♦ Spinach ♦ Pineapples cupped ♦ 1% milk 	15 ♦ Minestrone soup w/ navy beans ♦ Cornbread ♦ Malibu vegetable blend ♦ Banana ♦ 1% milk 
18 ♦ Corned beef ♦ Cornbread ♦ Rosemary potatoes ♦ Cabbage ♦ Sugar cookie ♦ 1% milk 	19 ♦ Rotisserie chicken ♦ Mashed potato w/gravy ♦ Steamed carrots ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	20 ♦ BBQ pulled pork ♦ Tater tots w/ketchup ♦ Corn w/red peppers ♦ Mandarin oranges cupped ♦ 1% milk 	21 ♦ Red chile cheese enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	22 ♦ Baked ziti ♦ Mixed vegetables ♦ Garlic bread stick ♦ Red apple ♦ 1% milk 
25 ♦ BBQ chicken thigh ♦ Baked beans ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 	26 ♦ Red chile pork posole ♦ Corn w/red peppers ♦ Blueberry cobbler ♦ Flour tortilla ♦ 1% milk 	27 ♦ Turkey pot pie ♦ Au gratin potatoes ♦ Imperial blend vegetables ♦ Applesauce ♦ 1% milk 	28 ♦ Loaded baked potato w/green chile cheese ♦ Oriental blend vegetables ♦ Apple crisp ♦ 1% milk 	29 ♦ Cajun tilapia over rice ♦ Pasta w/garlic butter ♦ Italian vegetable blend ♦ Granny Smith apple ♦ 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.

Monday

Fitness Room 8:00am - 8:45pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8:00am - 4:30pm and 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Beginner Line Dance: 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Zumba Gold 10:45am - 11:45am \$
 Mah Jong 11:00am - 2:30pm
 Happy Hookers 1:00pm - 3:00pm
 Badminton 1:30pm - 3:30pm
 Volleyball 5:30pm - 8:30pm
 Line Dance 6:00pm - 8:00pm
 Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
 BTable Tennis 8:00am - 4:30pm and 5:30pm - 8:45pm
 Table Tennis 8am - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am \$
 Flex & Tone 8:15am - 9:15am
 Pottery 9:00am - 1:00pm
 Line Dance: Intermediate 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Friendship Coffee 9:00am - 12:00pm
 Shuffle Board 1:00pm - 4:00pm
 Badminton 5:30pm - 8:30pm
 Clogging: Starter to Intermediate 5:45pm - 7:45pm
 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 - 8:45 pm
 Billiards 8:00am - 8:45pm
 Table Tennis 8:00am - 4:30pm and 5:30pm - 8:45pm
 Woodcarving 8:00am - 11:30am
 Computer Lab 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 Line Dance: Starter 9:30am - 10:30 am
 Meditation Group 10:00am - 11:00am
 Zumba Gold 10:45am - 11:45am \$
 Open Basketball 12:00am - 1:30pm
 Starter Line Dancing 9:30am - 10:30am
 Pinochle 1:00pm - 4:00pm
 Badminton 1:30pm - 3:30pm
 Line Dance: Beg/Improver 1:30pm - 3:30pm
 Yoga: Beginning 5:30pm - 6:30pm \$
 Senior Men's Basketball 6:00pm - 8:45pm
 Albuquerque Astronomical Society 7:00pm - 8:45pm
 (1st & 3rd Wednesday)



Thursday

Fitness Room 8:00am - 8:45pm
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm
 Table Tennis 8:00am - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Flex & Tone 8:15am - 9:15am
 Tai Chi 9:00am - 10:00am \$
 Bible Discussion - 10:00am - 11:00am
 Pottery 9:00am - 1:00pm
 Quilting 9:00am - 1:00pm (Last Thursday of Month)
 Mental Health Support Group 9:00am - 10:30am
 Pickleball Training 9:30am - 11:30am
 Friendship Coffee 11:00am - 1:00pm
 Open & Senior Men's Basketball 11:30am - 12:30pm
 Artist's Corner 1:00pm - 4:00pm
 Bingo 2:00pm - 4:00pm
 Pickleball 1:00pm - 4:00pm
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
 Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm
 Table Tennis 8:00am - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30am
 Shuffleboard 10:30am - 1:30pm
 Badminton 1:30pm - 3:30pm
 Volleyball 5:00pm - 7:00pm
 Basketball 7:00pm - 8:45pm

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 12:00pm (2nd Saturday)
 Laughter Yoga 9:00am - 10:00am
 Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
 Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
 Magic Club 12:00pm - 3:00pm (3rd Saturday)
 Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)
 Belly Dance 11:00am - 12:00pm \$





NATIONAL Walk Day

JOIN US FOR A WALK IN THE PARK



Wednesday, April 3rd 2024
At 10:00 A.M.

MANZANO MESA MULTIGENERATIONAL CENTER

YOU & ME + COFFEE =
FRIENDSHIP



JOIN US ON TUESDAYS AND
THURSDAYS FOR FRIENDSHIP
COFFEE IN THE LOBBY

Every Week

Tuesday 9:00am-12:00pm

Thursday 11:00am-1:00pm

International

WOMEN'S DAY

MARCH 8



Join our Female
Administration
at Lunch for

You
Can Do
anything

Join our Youth program
and

Deputy Director Chris
Sanchez

for

Read Across America!

March 1, 2024

4:30pm

International Women's Day

50+

SENIOR TECH CONNECT



A chance for
older adults to
explore today's
technology



MANZANO MESA
MULTIGENERATIONAL CENTER

APRIL 19, 2024

8:30am - 12:30pm

Prizes & Fun
Refreshments
Demonstrations
Hands-on Learning

No need to register. Just come!

For more information call

(505)275-8731



Manzano Mesa Multigenerational Center
501 Elizabeth St SE 87123



WORLD Poetry DAY

Thursday, March 21st 2024

5:00 P.M. - 7:00 P.M.

*Join us and read your favorite
poem or a poem you wrote
yourself.*



***Please sign up at the front
desk or call 505-275-8731***