

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH,
ALBUQUERQUE NM
505.275.8731

March 2026 Newsletter



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
Monica Rosales
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

- 3/4: TRIP: Sawmill
- 3/8: Daylight Saving
- 3/10: TRIP: ABQ BioPark Zoo
- 3/10: Self Serve Health Kiosk
- 3/13: AARP Driving Course
- 3/13: Pi Day Celebration
- 3/14: TRIP: Walking Trip
- 3/16: Senior Law Office
- 3/17: St. Patrick's Day
- 3/17: GEHM Clinic
- 3/19: Toastmasters Open House
- 3/20: Roadrunner Foodbank
- 3/24: Teeniors
- 3/25: TRIP: ABQ BioPark
- 3/27: Fitness Table Event
- 4/1: TRIP: Bear Canyon Senior Center

Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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



Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- **March 16, 2026: Palo Duro Senior Center**
- **April 20, 2026: Manzano Mesa Multigenerational Center**

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



TEENIORS

Tuesday,
March 24, 2026

1:00pm-3:00pm

One-on-one help with technology

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

Senior Citizens' Law Office
for a presentation on

Estate Planning

March 16th, 2026, at 9:00 AM



Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).

Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.

Attendees must sign up in advance for this event at the front

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, March 10, 2026
9:00am-10:00am

AARP®

March 13, 2026

1:00pm-5:15pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK



Payment: Cash/check paid to instructor in class
Bring Driver's License & AARP Membership Card

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online! Thank you in advance for your participation!

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 17, 2026
9:00am-12:00pm



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					
Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz					
9	10	11	12	13					
Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz					
16	17	18	19	20					
Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Corned Beef & Cabbage 3oz Rosemary Potatoes 4oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz					
23	24	25	26	27					
Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	Mac & Cheese w/ Broccoli 3oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz					
30	31	1	2	3					
Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz					

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.

Manzano Calendar & Events

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
Beginner Line Dance: 9:30am - 11:30am
Gentle Exercise 9:30am - 10:30am
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
Volleyball 6:15pm - 8:30pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Stretch Class 8:30am - 9:15am
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Drawing Class 10:30am - 12:30pm
Shuffleboard 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
Trout Tying Group 5:30pm - 8:30pm (1st & 3rd Tues)
Family Volleyball (Under 18 W/ Guardian) 6:15pm- 8:45pm
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 - 8:45pm
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
Line Dance Starter 9:30am - 10:30am
Book Club 10:00am - 12:00pm (1st Wed every other month)
Senior Basketball 12:00pm - 1:00pm
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Origami Workshop 1:30pm - 3:00pm (2nd Wednesday)
Cricket Training 3:30pm - 6:30pm (1st & 3rd Wednesday)
Indian Volleyball 3:30pm - 6:30pm (2nd & 4th Wednesday)
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga Beginning 5:30pm - 6:30pm \$
NM Council of Car Clubs - 6:00pm -8:00pm (4th 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)



Thursday

*All classes subject to change

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 8:45pm
Table Tennis 8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Stretch Class 8:30am - 9:15am
Tai Chi 9:00am - 10:00am \$
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)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
Selling Bingo Cards: 1:00pm-1:45pm (No exceptions)
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:15pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

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 (Select Fridays,
check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 11:30am
Meditation 10:00am - 11:00am
Shuffleboard 11:00am - 2:00pm (*Canceled on
Roadrunner Foodbank Day)
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Badminton 2:30pm - 4:30pm (*Canceled on
Roadrunner Foodbank Day)
Volleyball 6:15pm - 7:30pm
Basketball 7:45pm - 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 - 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, March 14, 2026

Check-in: 9:00am

Depart: 9:15am

Return: 1:00pm



Join our walking group every 2nd Saturday of the month for an enjoyable outing, pleasant walk and a congenial picnic (bring sack lunch & drink).

Trip: Sawmill

Wednesday, March 4, 2026

Check-in: 11:00am

Depart: 11:15am

Return: 2:00pm



Trip: ABQ BioPark Zoo

Tuesday, March 10, 2026

Check-in: 8:15am

Depart: 8:30am

Return: 11:00am



PI DAY

Pi goes on forever, but this pie won't last long!

Join us in the lobby Friday, March 13th 10am



St. Patrick's Day

Tuesday, March 17, 2026

10:00am

Join us in the Lobby



Trip: Bear Canyon Senior Center Easter Celebration

Wednesday, April 1, 2026

Check-in: 1:30pm

Depart: 1:45pm

Return: 4:30pm



Join our new Stretching Class

Tuesdays and Thursdays

8:30am-9:15AM



SPEAK WITH DISTINCTION TOASTMASTERS

JOIN US DURING OUR OPEN HOUSES, MARCH 19TH & APRIL 16TH

5:30PM-6:30PM

WE MEET EVERY THURSDAY, 5:30PM-6:30PM
FIND YOUR VOICE; FIND YOUR CONFIDENCE



Have a pet?

Send us a photo for our National Pet Day board!



Free Ride to the Santa Fe National Cemetery

Please sign up at the front desk
All riders must be registered at their local Senior Center



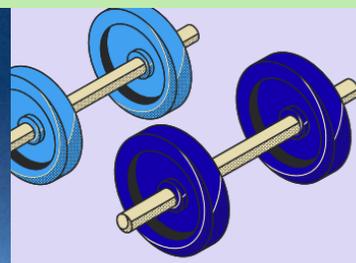
Trips available Wednesdays
on the following dates:

April 8, 2026 **Deadline – March 31, 2026**

May 13, 2026 **Deadline – May 5, 2026**

June 10, 2026 **Deadline – June 2, 2026**

Participation is limited to the first 7 that sign up
All transportation and lunch is provided



JOIN US IN THE LOBBY FOR A

FITNESS TABLE EVENT



Senior Affairs Sports & Fitness
staff will be assisting with
Blood Pressure and BMI
testing.



MARCH 27, 2026
11AM - 1PM



ONE ALBUQUE RQUE senior affairs

Family Egg Hunt

Thursday, April 2, 2026

1:00pm

Join us for an egg hunt & treats

CANDY DONATIONS NEEDED!



Egg Hunt



Mobile Food Pantry

Friday, March 20, 2026

2:00pm - 4:30pm

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



Our Journey of Life Begins

Spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell New Mexico. My roommate asked if I could be part of a Double Date. Didn't excite me in the slightest. He would provide the car and tickets to the Drive Inn theatre. No thanks was my quick response. His response was how about I include the soda pop and POPCORN. Bingo we had a deal.

A few days later we drove to pick up our date's. When she opened the screen door our eyes met and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date her Father showed me his pistol and explained that if I had any funny idea's about his daughter he had a pistol.

Our second date was a walk through Downtown Roswell. As we were walking past Zales Jewelry Store. I said let's look in the window. She replied "What For", my reply was " You're going to Marry Me. You might as well pick out the ring". That was early July and we were married 13 November 1965.

Our travels have taken us from California to Turkey and points in between. We've been blessed with two Children Tom and Jennifer, 5grandchildren 3 granddaughters 2 grandsons and 4 Great Grandsons. On 13 November 2025 we celebrated 60 years together.

Life is an amazing Journey packed full of ups and downs, mostly UPS. Enjoy the ride.

Jim & Joyce"

