

Manzano Mesa Multigenerational Center



Timothy Keller, Mayor

May 2019

Department of Senior Affairs

- - \$20.00 Annual Membership Fee - -

Location:

Hours of Operation:

Phone Number:

501 Elizabeth S.E.
Albuquerque, NM 87123
(Corner of Southern and Elizabeth)

Monday - Friday 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm
Sunday - Closed

(505) 275-8731
(Main Facility Line)

Silver Horizons Food Pantry (call for information: 884-3881)

Thursday, May 9

Market time: 2:30 - 4:00 pm

- Numbered tickets will be available at the front desk 8 a.m. to 2:30 p.m.
- Please be present at 2:30 pm with ticket when pantry starts

Center Closures

- Cleaning Week: Monday, May 20 - Friday, May 24
- Memorial Day: Monday, May 27

Attention Members

The basketball gymnasium is now closed for renovation. We understand that not having this gym open is an inconvenience, we have been able to relocate some of the exercise classes, and unfortunately all other activities have been canceled until the gym reopens in early June. Meanwhile the gym walls will be deep cleaned, painted, and the cork board that needs to be replaced will be done as well. The gymnasium has probably been in need of these repairs for some time now and we are happy that the gym is getting some much needed attention and will look much better afterward. If you have any questions please do not hesitate to ask.

Thank you for your patience and cooperation

The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.





Monthly Information

Mother's Day

We all have had that protective mother type in our lives
Today we will celebrate her and all the hard work and love she has shown us.

Refreshments will be served

Wednesday, May 8

10 a.m. – 11:30 a.m.

Scanning Membership Cards

We are now scanning membership cards
for daily activity attendance

- Please be patient and courteous with staff and front desk volunteers as this is a new system we are having to implement
- Please bring have your current membership card with you when attending in a class or activity
- We will provide a box in each classroom for your membership cards, drop your card in the box at the beginning of the class, or if you'd like, please stop by the front desk before your class to scan in
- You will be responsible to pick up your card from the box after your class is over.
- These participation numbers are very important to the center not only for the monthly reports but also to insure the continuance of the class or activity

Thank you for your cooperation

Monthly Trips

(Trip descriptions will be on the flyers)

Bingo Travels Trips:

(Enjoy lunch at the center and a game of Bingo)

May

- Palo Duro: Tuesday, May 14th

Check in: 10:00 am • Return 4:30 pm

- Rail Runner Ride (Full - waitlist available)

Wednesday, May 29th

Pop up trip:

- Tarde De Oro (Musical Production)

Check in: 11:15 a.m. • Return 3:30 p.m.

ID/Driver's License Workshop

Senior Citizens' Law Office will hold an important presentation on renewing
drivers' licenses, obtaining a real ID or a name change

An attorney will be on hand after the presentation to talk individually with you

When: Thursday, May 2, 2019

Time : 10 a.m. to 11:30 a.m.

Sign up sheet available under flyer on the community board



Daily Activities

Arts and Crafts

Some classes are only open studio

No Instructor provided

· Artist's Corner

Thursday 1:00 - 4:00 pm

· Beading

Mondays 8:00 –11:30 am

· Happy Hookers Crochet

Monday 1:00 - 3:00 pm

Instructor: Mary Kelly

· Machine Quilters

Tuesday 9:00 am -12:00 pm

Instructor: Shirley

· Open Crafts

Monday 9:00 - 11:30 am

Note: no instructors, members are able to work on a craft project of their choice.

· Pottery

Tuesday & Thursday 9:00 - 1:00 pm

Instructor: Carolyn

· Tile Class for Beginners

(members of all abilities welcome)

Friday 8:30 - 11:30 am

Instructor: Lawanda

· Tile Painting

Tuesday & Friday 8:30 - 11:30 am

· Woodcarving

Wednesday 8:00 – 11:30 am

Bi - Weekly Classes

· AARP Defensive Driving

1st & 3rd Saturday 9:15 am - 1:00 pm

AARP Member- \$15

Non AARP member- \$20

· ABQ Astronomical Society

1st & 3rd Wednesday 7:00 - 8:45 pm

· Escribiente Calligraphy

1st Wednesday 6:30 pm - 8:30 pm

(No classes held Jan., July & Dec.)

More info at: Escribiente.org

· Modular Railroad

3rd Saturday 10:00 am– 3:00 pm

· Project Linus

2nd Saturday 9:00 am -12:00 pm

Music

· Sing-A-Long

Tuesday 1:00 - 2:45 pm

Helpful Assistance

- Department of Senior Affairs (505) 764-600
- Senior Law Office (505) 265-2300
- Senior Transportation (505) 764-6464



Center Information

DSA Advisory Council

For more information call 764-6469.

Monday, May 20, 2019

Starting at noon

Location: North Domingo Baca (764-6475)

If you are interested in applying to serve on the council please visit:

www.cabq.gov/clerk/boards-commissions

Open Computer Lab

(all times are subject to change)

Mondays 1:00 - 3:00

Tuesdays & Thursdays 9:00 - 12:00

Wednesdays 1:00 - 3:00

Fridays 1:00 - 3:00

Lab is closed Monday - Friday from 3 p.m. - 5 p.m. for youth program

Manzano Mesa's Spray Park will be opening Tuesday, May 28, 2019

Operating hours for the public:

Monday - Friday: 11 a.m. - 3 p.m. ▪ Saturday: 9:30 a.m. - 2 p.m.

- All adults must have a current membership
- Children twelve and under must be supervised by a parent/guardian at all times
- \$0.50 is requested per visit, per child

Reservations for Private Rentals: Must be made in person - space is limited

Reservations can be made Monday - Friday 8 a.m. - 4 p.m.

- Available Times: Wednesday and Friday 5 p.m. - 7 p.m. ▪ Saturday 3 p.m. - 5 p.m.
- Fee: \$200 (+ a refundable \$100 damage deposit)

Youth Program Information

School is almost out for the summer

Please keep in mind that the summer program dates have expanded to 8 weeks this year.

Program dates: Monday, June 10 - Friday, August 2

Program times: 7:30 a.m. - 5:30 p.m.

-Matt McCoy, Youth Coordinator

DANCE CLASSES

- **Ballroom/Swing/Country Dancing**
Saturday - Beginning/Intermediate - 10:00 - 11:00 am
- **Beginning Ballroom Dance**
Wednesdays 6:00 pm - 7:00 pm
- **Clogging**
Saturdays
Starter/Beginner - 12:00 pm - 1:30 pm
Intermediate - 1:30 - 2:30 pm
Instructor: Brenda Davies
- **Line Dance Starter**
Wednesday 12:15 -1:15 pm
Instructor: Patty Fox
- **Line Dancing Beginning**
Wednesday 1:30 - 3:00 pm
- **Line Dancing Intermediate 1**
Wednesdays 3:00 - 4:30 pm
Instructor: Georgette Smith
- **Line Dancing Intermediate 2**
Friday 2:00 -3:30 pm
Instructor: Wylene Santistevan
- **Line Dancing Intermediate 3**
Tuesday – 2:00 - 4:00 pm
Instructor: Jeanne Hendrix
- **New Mexican Folk and Latin Dance**
Wednesday - 9:45 – 11:15 am
- **Wise Women Belly Dance**
Thursday - 6:00 - 7:00 pm
\$5.00 first class \$35.00 for 4 classes
Instructor: Amaya

CLUBS/DISCUSSIONS

- **Bible Discussion Group**
Thursday 10:00 - 11:00 am
- **Cherokees of NM**
3rd Saturday 12:00-3:00 pm
- **Speak with Distinction Toastmasters**
Thursday 5:00pm - 7:00 pm
- **Invest in Debt**
2nd Wednesday 6:00-8:45 pm
- **Libros**
1st Saturday 9:00-12:00 pm
- **Notre Dame Club of NM**
1st Monday 5:30 pm - 6:45 pm
- **Red Hat Sisters**
3rd Thursday 10:00 - 11:00 am
- **Sugar Shakers- Walking Group**
(has been postponed)
Monday, Wednesday, Friday 9:00 am
- **TOPS #216**
Friday 9:30 - 11:30 am
- **Vietnamese Seniors**
Saturday 9:00 - 12:00 pm
- **Women's Bible Discussion**
Tuesday 10:30 - 12:30 pm
- **Healing Strong Albuquerque**
2nd Tuesday 6:30 - 8:00 pm
healingstrong.albuquerque@gmail.com



Fitness Opportunities

All participants must be
16 years of age

To participate in any Gymnasium sports such as:

- Volleyball
- Basketball

· Badminton

Monday - 1:30 - 4:00 pm

Tuesday - 6:00 - 8:45 pm

Thursday - 5:30 - 8:45 pm

Friday - 1:00 - 4:00 pm

· Basketball (Seniors) (Open)

Monday - 11:00 am - 1:00 pm and 7:00 - 8:45 pm

Wednesday - 11:00 am - 12:30 pm

Wednesday - (Senior) 5:30 pm - 8:45 pm

Tuesday and Thursday - 11:00 am - 12:30 pm

Friday - 11:00 am - 1:00 pm and 7:00 - 8:45 pm

· Volleyball (Open)

Monday & Friday - 5:00 - 7:00 pm

Thursday Flex & Tone and Friday Aerobics will now have an instructor to teach the classes until the return of a permanent MMMC instructor

· Aerobics (east social hall)

8:15 - 9:15 am

Monday, Wednesday and Friday

· Flex & Tone (east social hall)

Tuesday and Thursday 8:15 - 9:15 am

· Gentle Exercise (east social hall)

9:30 - 10:30 am

Monday and Friday

· Get Moving Cardio

Monday - 5:00 pm - 6:00 pm

Instructor: Ann Owens

· Advanced Boot Camp

Tuesday and Thursday - 4:30 - 5:30 pm

· Person Self Defense Club

Monday - 7:00 - 8:45 pm

Instructor: Sean Ross

· Pickleball Training

Tuesday & Thursday - 9:15 - 11:00 am

Saturday - 12:30 - 2:45 pm

· Pickleball

Thursday - 2:00 - 4:00 pm

Saturday - 9:00 - 11:00 am

· Shuffleboard

Tuesday - 1:00 - 4:00 pm

· Tai Chi Chuan

Tuesday and Thursday - 9:30 - 10:30 am

\$5:00 per class

Instructor: Curtis

· Yoga (Hatha/Blend) Intermediate

Monday - 6:15 - 7:15 pm

\$7.00 per class

Instructor: Ann Owens

Sports and Fitness classes. (S&F)
.50 cents per class

Note to instructors: Please make sure to pick up your monthly invoice at the front desk

Karate Class

· Iron Olympian Karate

Tuesdays - 6:00 pm

Instructor: Chris: 830-2073

Memberships are required for children that are attending this class.

Martial Arts

· Kendo Kai

Friday - 6:00 - 8:00 pm

Instructor: Davis Begay - 293-2322

Games

· Bingo

Thursday - 1:30 – 4:00 pm

\$3.00 for basic/special play

other games \$0.25+

· Chess

Friday - 6:00 - 8:00 pm

· Pinochle

Wednesday - 1:00 - 4:30 pm

· Yoga (Beginning)

Wednesday - 5:00 - 6:00 pm

\$7.00 per class

Instructor: Ann Owens

· Yoga (Kundalini)

Wednesday 10:10-11:10 am

Instructor: Rose Noss

· Yoga (Hatha)

Wednesday 9:00 am

Instructor: Dee Cappell

· Yoga (Hatha Plus)

Friday - 9:00 - 10:00 am

Instructor: Jan Porter

· Yoga (Laughter)

Saturdays – 9:00-10:00 am

Instructor: Kathy Chambers

· Zumba Gold

Monday (east social hall)

10:45 - 11:45 am

Gymnasium Closures

▫ Basketball gym is closed for updates

▫ Some classes have been relocated to the east social hall

May Lunch Menu

Lunch is served: 11:30 am – 1:00 pm Monday - Friday

Reservations and a valid membership card is required - call 275-8731 by 4:00 pm the day before to reserve

Ages 60+ \$2.00 Suggested Donation ▪ Ages 50-59 \$3.25 ▪ Ages 18-49 \$7.67

Monday	Tuesday	Wednesday	Thursday	Friday
6. Chicken Fingers Strips Green beans Sweet potatoes Orange	7. Salmon with Dill Roasted peppers Brown rice Banana pudding	8. Beef and Broccoli Carrots Orzo pasta Pear	9. Turkey Pot Pie Diced beets Warm peaches	10. Red Chili Omelet Rosemary potatoes Stewed tomatoes Pineapple cottage cheese
13. Beef Tacos Mexi-con Refried beans Sherbet	14. Berry Chicken Salad Croissant Mandarin orange	15. Sweet and Sour Pork Brown rice Vegetables Banana	16. Cajun Tilapia Brussels sprouts Cornbread Cantaloupe	17. Meatloaf Mashed potatoes Vegetables Dinner roll
20. Frito Pie Sautéed spinach Orange	21 Chicken Fajitas Spanish rice Tortilla Sliced apricots	22. Salisbury Steak Steamed broccoli Mashed potatoes Chocolate pudding	23. Rotisserie Chicken Steak fries Succotash Pear	24. Roast Beef Sweet potatoes Peas and carrots Dinner roll Jell-o with Pineapple
27. Closed For Memorial Day	28. Spaghetti Primavera Breadstick Peas	29. Chicken Salad Sandwich Marinated pasta salad	30. Sliced Turkey Orzo pasta Green beans Yogurt	31. Roast Pork Au gratin potatoes Collard greens Watermelon

◀ Breakfast Menu : Monday - Friday 8:00 am - 9:00 am ▶

· Regular Breakfast \$1.50

2eggs, hash browns, 2 pieces of bacon or sausage with choice of toast, tortilla or English muffin

· Breakfast Burrito \$1.50

Bacon or sausage, cheese, egg, red or green chile and hash browns

· English Muffin Sandwich \$1.00

Choice of bacon or sausage

· Biscuits and Gravy \$1.00

2 Biscuits and Gravy

Served only: Tuesday and Thursday

Drinks:

- Coffee.....\$0.30
- Hot Tea.....\$0.30
- Hot cocoa.....\$0.30
- Milk.....\$0.25
- Orange Juice.....\$0.25

New Item: Huevos Rancheros

Served only: Friday

Cost \$1.00

* No French Toast or Pancakes will be served on Fridays *

' A La Carte

- 1 Waffle (Wednesdays)...\$1.00
- Egg.....\$0.25
- Bacon.....\$0.50
- Sausage Patties.....\$0.50
- Hash Browns.....\$0.30
- Chile.....\$0.25
- Cheese.....\$0.25
- Oatmeal w/milk.....\$0.70
- 1 Pancake.....\$0.25
- 1 French Toast.....\$0.25