



INTERNATIONAL DAY OF CELEBRATION



Join us in celebrating older
Americans, families, mothers and
grandmothers.

SATURDAY, MAY 18, 2024
10:00 AM-2:00PM



**JOIN AND CELEBRATE WITH US BY
ENJOYING SNACKS AND A MARIACHI
PERFORMANCE**

**MONDAY, MAY 6, 2024
10:30AM-11:30 AM**

**SIGN UPS ARE AT THE FRONT
DESK**

Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

Esperanza Molina, Center
Supervisor

Vacant, Coordinator

Josephine Griego, Coordinator

Vacant, Office Assistant

Katherine Jimenez,

Alexia Watson-Gallegos,

Alex (James) Torres

Program Assistants

Vacant,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Andre Valdez, General Services

Special Dates & Announcements

5/1: TRIP: Asian Pear

5/6: Cinco De Mayo Celebration

5/6-5/17: Summer Youth Program Lottery
Registration

5/9: TRIP: Tarde De Oro

5/15: TRIP: Santa Fe National Cemetery

5/18: International Day Celebration

5/21: GHEM Clinic

5/22: TRIP: Wheels Museum

5/24: Movie in the Lobby

5/27: CLOSED

5/28: Bingo Tuesday-Beyond Walls

5/29 TRIP: NDB Senior Health and Fitness Day

5/30: Tech Thursday-Beyond Walls

5/30: No Bingo

5/31: 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.**

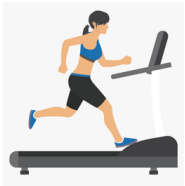
IMPORTANT NOTICE:

All senior/multigenerational centers will be closed starting June 3, 2024 through June 7, 2024 for Employee Training.

We will resume normal business hours on June 8, 2024. Thank you for your cooperation!

Fitness Equipment Orientation

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



Facility and Room Closures:

- **May 1, 2024: The Gym will be closed for Senior I Know**
- **Monday, May 27, 2024: Manzano will be closed**
- **Thursday, May 30, 2024: No Bingo**



May 31, 2024

1:00pm-5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK



Pymt: Cash/check to instructor in class
Bring Drivers License & AAARP Membership Card

Beyond Walls Tech Thursday



Join us every last Thursday of the Month for Tech Thursday, classes provided by the Beyond Walls Program.

Thursday, May 30, 2024

10:00am-11:00pm

Sign up at the front desk



Bingo Tuesday

Join us every last Tuesday of the Month for Bingo Tuesdays, Bingo provided by the Beyond Walls Program.

Tuesday, May 28, 2024

10:00am-11:00am

Winners get a \$10.00 Gift Card Mailed to the center!

SIGN UP AT THE FRONT DESK



There will be upcoming changes to the class and activity schedule!

Activities, classes and room availability will be changing during the Summer months. Keep a look out for Signage!

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, May 21, 2024

9:00am-12:00pm



Asian Pear Restaurant

Wednesday, May 1, 2024

Check in: 10:45am

Depart: 11:00am

Return: 1:00pm

At own expense

Sign up at the front desk



Rail Runner trip to Santa Fe National Cemetery

Wednesday, May 15, 2024

Check in: 8:30am

Depart: 8:45am

Return: 2:30am

At own expense

Sign up at the front desk



Tarde De Oro

Thursday, May 9, 2024

Check in: 12:30pm

Depart: 12:45pm

Return: 3:30pm

At own

expense

Sign up at the
front desk



Wheels Museum

Wednesday, May 22, 2024

Check in: 8:45am

Depart: 9:00am

Return: 11:30pm

At own expense

Sign up at the
front desk



National Senior Health Day and Fitness Day at North Domingo Baca

Join us for Fitness Demonstrations, Health
Vendors, Giveaways, Prizes, and more!

Wednesday, May 29, 2024

Check in: 8:30am

Depart: 8:45am

Return: 11:30am

Sign up at the front desk



Movie in the Lobby

Friday, May, 24 2024

10:00am

























The Sound of
Music

Sign up at the front
desk



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.



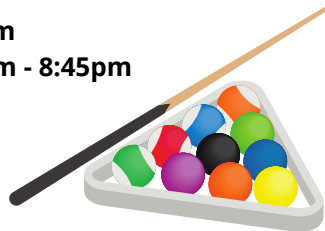
Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Chicken tender w/ BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk 	30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk 	1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk 	2 ♦ Southwest omelet w/ red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk 
6 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	7 ♦ Red chile beef enchilada ♦ Spanish rice ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	8 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	9 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	10 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
13 ♦ Ground beef w/diced tomato & cheese ♦ Calabacitas ♦ Pinto beans ♦ Yogurt ♦ 1% milk 	14 ♦ Cajun tilapia ♦ Brussel sprouts ♦ Cornbread ♦ Strawberries ♦ 1% milk 	15 ♦ Sweet and sour pork w/pineapple ♦ Brown rice ♦ Steamed carrots ♦ Honeydew ♦ 1% milk 	16 ♦ Elbow cheese macaroni w/broccoli ♦ Brussel sprouts ♦ Whole wheat breadstick ♦ Cottage cheese w/peaches ♦ 1% milk 	17 ♦ Chicken breaded party w/white gravy ♦ Mashed potatoes ♦ Beets ♦ Orange ♦ 1% milk 
20 ♦ Red chile beans w/ beef, cheese, onions ♦ Corn bread ♦ Peach cobbler ♦ 1% milk 	21 ♦ Baked cod w/tartar sauce ♦ Brown rice ♦ Steamed carrots ♦ Pear ♦ 1% milk 	22 ♦ Baked chicken thigh ♦ Collard greens ♦ Succotash ♦ Pineapple chunks ♦ 1% milk 	23 ♦ Mushroom swiss veggie burger ♦ Steamed broccoli ♦ Sweet potatoes ♦ Oatmeal cookie ♦ 1% milk 	24 ♦ BBQ pulled pork ♦ Sweet potato ♦ Peas and carrots ♦ Watermelon ♦ 1% milk 
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 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
 Mixed Media Art Class 1:00pm - 4:00pm
 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
 Table Tennis 8:00am - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am \$
 Pottery 9:00am - 1:00pm
 Line Dance: Intermediate 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Friendship Coffee 9:00am - 12:00pm
 Quilting (2nd Tuesday)
 Mah Jong 1:00pm - 4:00pm
 Shuffle Board 1:00pm - 4:00pm
 Sing-A-Long (1st Tuesday)
 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
 Line Dance: Beginners 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 5:30pm - 8:45pm
 Albuquerque Astronomical Society 7:00pm - 8:45pm
 (1st & 3rd Wednesday)

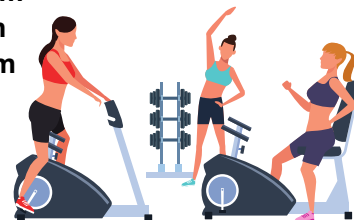


Thursday

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
 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
 M&M Red Hat Sisters 10:00am - 11:00am
 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
 Belly Dance 6:00pm - 7:00pm \$

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
 Aerobics 8:15am - 9:15am
 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)



YOUTH summer PROGRAM

LOTTERY Sign -up
May 6th-17th

Registration for
selected

LOTTERY DRAWING
May 20th

participants starts
May 22 to May 31

PROGRAM DATES
June 17th-August 24th
7:30am-5:30 pm



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



You are invited for a

TEA PARTY

May 31st, 2024

10:00am-11:30am



RESERVATION REQUIRED

PLEASE MAKE A RESERVATION AT THE FRONT DESK
BY MAY 24, 2024

