

May 2025 Newsletter

SPRING TEA

WED 21 MAY

10-11 AM

Join us for a special
morning tea and delicious
food

Reservations Required
Please RSVP at the front desk
by Friday, May 16th

Space is limited

CENTER HOURS

M-F: 8AM-9PM

SAT: 9AM-3PM

SUN: CLOSED

Center Staff

Center Manager
Brittani Torres

Center Supervisor
Esperanza Molina

Coordinators
Josephine Griego
Suzanne Reyes

Program Assistants
Katherine Jimenez,
Alexia Watson-Gallegos,
Joshua Zuniga

Cook
Leroy Chambers

Kitchen Aid
Maria Dominguez

General Services
Monica Rosales
Leon Mascarenas
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

5/5: Cinco de Mayo
Celebration

5/6-5/8 : Gymnasium closed

5/8: Trip: Tarde De Oro

5/9: Mothers Day Celebration

5/13: GHEM Clinic

5/13: Self-Serve Health Kiosk

5/14: Trip: Santa Fe Cemetery

5/15: Brain Games

5/19: Teeniors

5/21: Spring Tea

5/22: Tech Thursdays

5/23: Roadrunner

5/26: Memorial Day CLOSED

5/28: Trip: National Senior
Health Day

5/29: Tech Bingo

5/30: Red Hats Mystery Trip



Beyond Walls Brain Games

Improves cognitive health through fun challenges Classes provided by the Beyond Walls Program.

Thursday, May 15, 2025

9:00am-10:00am

Sign up at the front desk

Beyond Walls Digital Literacy



Empowers participants with essential tech skills to stay connected. Classes provided by the Beyond Walls Program.

Thursday, May 22, 2025

9:00am-10:00am

Sign up at the front desk

Beyond Walls Bingo

Enhances mood and builds social connections. Bingo provided by the Beyond Walls Program.

Thursday, May 29, 2025

9:00am-10:00am

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

SIGN UP AT THE FRONT DESK



Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



Mobile Food Pantry

FREE!

Friday, May 23, 2025

2:30pm - 4:00pm

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



May 30, 2024

1:00pm-5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK



Pyemt: Cash/check to instructor in class

Bring Drivers License & AARP Membership Card

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 13, 2025

9:00am-12:00pm

The Gymnasium will be closed

Tuesday, May 6th after 12:00pm

Wednesday, May 7th ALL DAY

Thursday May 8th until 1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
<ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 
5	6	7	8	9
<ul style="list-style-type: none"> ♦ Beef Tips 3oz Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Enchilada 2ea Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Omelet 1ea Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Sweet & Sour 1oz Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz 
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Asian Chicken 3oz Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Cod 3oz Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 
CLOSED 26	27	28	29	30
	<ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotini Pasta 4oz Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Tips 3oz Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Applesauce 4oz ♦ 1% Milk 8oz 

Lunch:

Monday-Friday, 11:30-1:00

Reservations are required the previous day prior to 1:00 pm.

You may call in your reservation or reserve in person. Please arrive for you lunch by 12:30 pm. Menu items subject to change.

Manzano Calendar & Events

Monday

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
EFT Tapping Group 9:00am -10:00am
Beginner Line Dance: 9:30am - 11:30am
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 1:00pm - 3:00pm
Volleyball 5:30pm - 8:30pm
Team Building Class - 5:00pm - 8:00pm
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
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:30pm - 2:30pm (1st Tuesday)
Badminton 6:00pm - 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 - 10:30 am
Meditation Group 10:00am - 11:00am
Zumba Gold 10:45am - 11:45am \$
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Qigong: 4:00pm-5:30pm
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-8:00am - 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 (3rd Thurs)
Tech Thursday Brain Games 9:00am - 10:00am
(2nd Thurs)
Tech Thursday Digital Literacy 9:00am - 10:00am
(3rd Thurs)
Tech Thursday Bingo 9:00am - 10:00am
(4th Thurs)
Bunco 11:00am - 2:00pm (2nd Thurs)
Artist Corner 1:00pm - 4:00pm
Bingo Sell Cards 12:30pm - 1:45pm
Bingo 2:00pm - 4:00pm (Doors Close at 2:00pm)
Pickleball 1:00pm - 4:00pm
Badminton 6:00pm - 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 (Various
Fridays-Check with Front Desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 12:00pm
Shuffleboard 11:00am - 2:00pm
Shanghai 11:00am - 3:00pm
Badminton 2:30pm - 4:30pm (*Canceled on
Roadrunner Day)
Volleyball 5:30pm - 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)
Laughter Yoga 9:00am - 10:00am
Wise Woman Belly Dance 11:00am-12:00pm \$
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Magic Club 12:00pm - 2:45pm (3rd Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under
accompanied by parent/guardian)



Santa Fe Cemetery Trip

Wednesday, May 14, 2025

Check in: 8:30am

Depart: 8:45am

Return: 4:30pm

Free
*Sack Lunch
Provided



Tarde De Oro

Thursday, May 8, 2025

Check in: 12:30pm

Depart: 12:45pm

Return: 3:30pm



May 19, 2025

2:00pm-3:00pm

or

3:00pm-4:00pm

One-on-one help with
technology

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

**Manzano Mesa will be closed
May 26, 2025 in observance of
Memorial Day**

National Senior Health

At North Domingo Baca

Wednesday, May 28, 2025

Check in: 8:15 am

Depart: 8:30 am

Return: 1:00 pm

**ONE
ALBUQUE
RQUE**

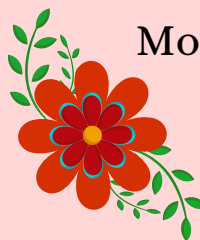


Cinco De Mayo Celebration

Monday, May 5, 2025

10:00am

in the Lobby



Mother's Day Celebration

Friday, May 9, 2025

9:00am - 11:00am

in Lobby



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, May 13, 2025

9:00am-11:00pm

***Sign up at the front desk is required for ALL trips
Food is at your own expense**



YOUTH summer PROGRAM

ONE
ALBUQUE
RQUE senior affairs

Manzano Mesa Multigenerational Center

501 Elizabeth St. NE, 87123 (505) 275-8731

LOTTERY Sign-up
April 28th - May 9th
LOTTERY DRAWING
May 12th

Registration for selected
participants starts
May 14th to May 23rd
PROGRAM DATES
June 9th-August 1st
7:30am-5:30pm



Scan to sign-up!