



# MANZANO MESA MULTIGENERATIONAL CENTER *May 2026 Newsletter*

501 ELIZABETH ST. SE,  
ALBUQUERQUE, NM  
505.275.8731

## 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**  
Andre Valdez

## SPECIAL DATES & ANNOUNCEMENTS

- 5/4: Youth Program Lottery Sign-up
- 5/5: Cinco de Mayo Celebration
- 5/5 & 5/6: Gymnasium Closed
- 5/7: TRIP: Tarde De Oro
- 5/8: Mother's Day Celebration
- 5/9: TRIP: Walking Group
- 5/13: TRIP: Santa Fe Cemetery
- 5/15: Road Runner Foodbank
- 5/19: GEHM Clinic
- 5/19: Senior Citizens Law Office
- 5/20: Spring Tea (sign up at front desk)
- 5/22 TRIP: Casa De Benavidez
- 5/25: Memorial Day Center CLOSED
- 5/27: TRIP: NDB. Senior Health & Fitness Day



**Tuesday, May 5, 2026**

**10:00am**

Join us in the lobby for music  
and refreshments!



**Wednesday, May 20, 2026**

**10:00am**

**Join us for our 3<sup>rd</sup> Annual Spring Tea!**

**Come enjoy Tea and refreshments!**

*\*sign up at the front desk*



**Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.**



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
<b>27</b> Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	<b>28</b> Beef Tips w/ 3oz Noodles 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	<b>29</b> Pork Loin 3oz Black Eyed Peas 4oz Sweety Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	<b>30</b> Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	<b>1</b> Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
<b>4</b> Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	<b>5</b> Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	<b>6</b> Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	<b>7</b> Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	<b>8</b> Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
<b>11</b> Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	<b>12</b> Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	<b>13</b> Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	<b>14</b> Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	<b>15</b> Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
<b>18</b> Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	<b>19</b> BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	<b>20</b> Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	<b>21</b> Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	<b>22</b> Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
<b>CLOSED</b> <b>25</b> 	<b>26</b> Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	<b>27</b> Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	<b>28</b> Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	<b>29</b> Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 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

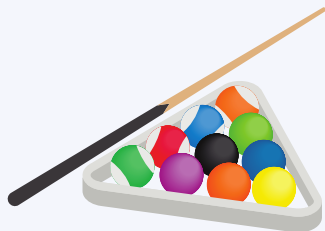
\*Fitness room closed 1:30pm-2:00pm  
for cleaning

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 6:30pm - 8:45pm  
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  
Basic Qigong/Tai Chi 2:00pm - 3:00pm  
Trout Tying Group 5:30pm - 8:30pm (1<sup>st</sup> & 3<sup>rd</sup> Tues)  
Family Volleyball (Under 18 W/ Guardian) 6:30pm- 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 (1<sup>st</sup> Wed every other month)  
Senior Basketball 12:00pm - 1:00pm  
Pinocle 12:30pm - 4:00pm  
Badminton 1:00pm - 3:00pm  
Origami Workshop 1:30pm - 3:00pm (2<sup>nd</sup> Wednesday)  
Cricket Training 3:30pm - 6:30pm (1<sup>st</sup> & 3<sup>rd</sup> Wednesday)  
Indian Volleyball 3:30pm - 6:30pm (2<sup>nd</sup> & 4<sup>th</sup> Wednesday)  
Line Dance: Beg/Improver 1:30pm - 3:30pm  
Yoga Beginning 5:30pm - 6:30pm \$  
NM Council of Car Clubs 6:00pm - 8:00pm (4<sup>th</sup> 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 6:30pm - 8:45pm  
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm



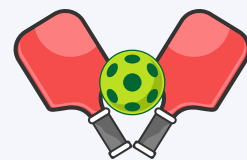
### Friday

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 Once a month)  
Beading Craft Club 2:00pm - 5:00pm (1<sup>st</sup> Friday)  
Badminton 2:30pm - 4:30pm (\*Canceled on  
Roadrunner Foodbank Day Once a month)  
Volleyball 6:30pm - 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)  
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, May 9, 2026

Check-in: 9:00am

Depart: 9:15am

Return: 1:00pm



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

## Trip: Tarde De Oro

Thursday, May 7, 2026

Check-in: 12:00pm

Depart: 12:15pm

Return: 3:30pm



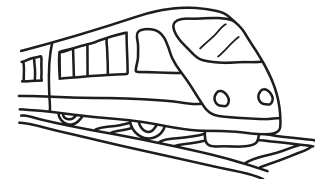
## Trip: Rail Runner Santa Fe National Cemetery

Wednesday, May 13, 2026

Check-in: 8:15am

Depart: 8:30am

Return: 5:00pm



## Trip: National Senior Health and Fitness Day North Domingo Baca

Wednesday, May 27, 2026

Check-in: 8:15am

Depart: 8:30am

Return: 12:30pm



## Older Americans Month

Friday, May 15, 2026

12:00pm



Join us in the lobby for refreshments  
“The longer I live, the more beautiful life becomes.”  
~ Frank Lloyd Wright

## Trip: Casa Benevidez

Friday, May 22, 2026

Check-in: 10:45am

Depart: 11:00am

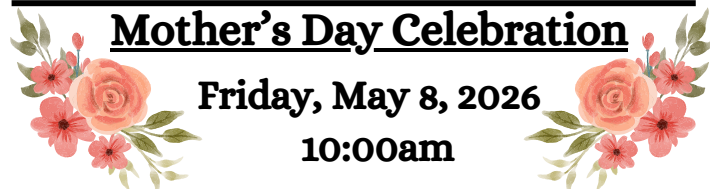
Return: 2:00pm



## Mother's Day Celebration

Friday, May 8, 2026

10:00am



Celebrate with us in the lobby

## May Lobby Boards

**Asian/ Pacific Islander Month:** The month of May honors the important role that Asian Americans, Native Hawaiians, and Pacific Islanders contributed and accomplished.

**Military Appreciation Month:** designated by congress in 1999 May is National Military Appreciation Month honoring and remembering current and past military members, Thank you for your service!

**Older Americans Month:** Champion your Health! Celebrating contributions of older adults and raising awareness to their health.



**Check out the board in the lobby for ways to celebrate and learn more.**

For all our events, please visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors) and click on the 'Senior Affairs Events' tab on the left side of the page.

## Mental Health Check In

DAILY QUESTIONS TO ASK YOURSELF

- ✓ How am I feeling today?
- ✓ What's been on my mind lately?
- ✓ Am I taking care of my body?
- ✓ What's 3 things I can do to help cope if things take a turn today?
- ✓ Have I been staying in touch with loved ones lately?



## ! Ongoing Now! Albuquerque 50+

### Games



Registration is only \$12.

2026 May and June

Events include:

Tennis & Pickleball

These facilities will be closed for  
**Employee Training**  
June 1 to June 5, 2026:

Manzano Mesa Multigenerational  
Center

North Domingo Baca  
Multigenerational Center

Santa Barbara Martineztown  
Multigenerational Center

Los Volcanes Senior Center  
and Sports and Fitness Center

Palo Duro Senior Center  
and Sports and Fitness Center

**Meal Services will be offered at  
other locations:**

Barelas Senior Center  
North Valley Senior Center  
Highland Senior Center  
Bear Canyon Senior Center

## Zucchini Pizza Bites

### Ingredients

- 4 slices large zucchini 1/4" thick, or 1 medium zucchini cut on diagonal
- olive oil spray,
- salt and pepper
- 2 tbsp quick marinara sauce
- 1/4 cup shredded part skim mozzarella



### Instructions

Cut zucchini about 1/4 inch thick.

Spray both side lightly with oil and season with salt and pepper.

Broil or grill the zucchini for about 2 minute on each side.

Top with sauce and cheese and broil for an additional minute or two. Optional add oregano seasoning (Careful not to burn cheese)

## Mobile Food Pantry

Friday, May 15, 2026

2:00pm - 4:30pm

**The mobile food pantry for the community is  
supplied by Roadrunner Food Bank.  
Groceries will be distributed in gym.**

**ROADRUNNER**  
**FOOD BANK**  
OF NEW MEXICO

