

MANZANO MESA MULTIGENERATIONAL CENTER

April 2026 Newsletter

Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services. Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department's funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City's budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00–1:30 pm, and "Coffee with Constituents" at Barelas Senior Center on Thursday, April 23, from 8:30–9:30 am. I look forward to connecting with you in person!

Here's to a beautiful April filled with sunshine and good health!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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
Monica Rosales
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

- 4/1: TRIP: Bear Canyon Senior Center
- 4/2: Family Egg Hunt
- 4/7: World Health Day
- 4/7: Senior Law Office Workshop
- 4/8: TRIP: Santa Fe Cemetery
- 4/10: AARP-Safe Driving
- 4/10: TRIP: Santa Barbara Centenarian
- 4/11: TRIP: Walking Group
- 4/14: TRIP: ABQ Zoo
- 4/14: Self-Serve Health Kiosk
- 4/17: Roadrunner Food Bank
- 4/20: DSA Advisory Council Meeting
- 4/21: GEHM Clinic
- 4/22: Earth Day

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

- **April 20, 2026: Manzano Mesa Multigenerational Center**
501 Elizabeth St SE, 87123
- **May 18, 2026: North Valley**
3825 4th St NW, 87107

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, April 14, 2026
9:00am-10:00am

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

 Call 505-880-2800 for more information 

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, April 21, 2026
9:00am-12:00pm

Join Senior Citizens' Law Office for a Power of Attorney Clinic

April 7th from 9:00 AM to 11:00 AM



Bring current Photo ID, and the names and contact information of people you will appoint as agents.

Attorneys will guide attendees through completing Powers of Attorney for both Healthcare and Finances.

You must sign up in advance with the front desk since only 15 spaces are available for this workshop.



April 10, 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

Earth Day

Join us in the lobby to celebrate Earth Day and receive free plants and seeds.

Tuesday, April 22, 2026
10:00am



World Health Day

Join Manzano Mesa in the Park for a walk and snacks to celebrate World Health Day!

Tuesday, April 7, 2026

***Meet in the lobby at 9:45am**



10:00am

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
 30 Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	 31 Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 1 Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	 2 Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	 3 Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz
 6 Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	 7 Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 8 Frito Pie 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	 9 Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	 10 Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
 13 Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	 14 Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	 15 Chicken Fajita Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	 16 Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	 17 Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
 20 Carne Adovada w/ Red Chili 3oz Spinach 2oz Pinto Beans 4oz Tortilla 4oz Vanilla Pudding 2ea 1% Milk 1ea 8oz	 21 Beef Fajita Meat w/ Gravy 3oz Mashed Yams 1oz Collard Greens 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 1ea 8oz	 22 Mushroom Swiss Beef Patty 1ea Normandy Blend 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	 23 Spaghetti w/ Marinara Sauce 4oz Imperial Blend 2oz Garlic Bread Stick 4oz Apple Slices 1ea 1% Milk 1ea 8oz	 24 Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 1ea 8oz
 27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	 28 Beef Tips w/ Noodles 3oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 4oz Margarine 1ea Pear 1pc 1% Milk 4oz 8oz	 29 Pork Loin 3oz Black Eyed Peas 4oz Sweety Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	 30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	 MAY 1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 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

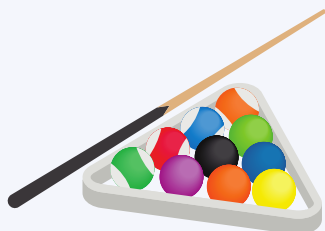
*Fitness room closed 1:30pm-2:00pm
for cleaning

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
Gentle Chair Massage 10:00am - 12:00pm (1st & 3rd Tues)
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 (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
Pinocle 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



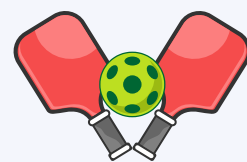
Friday

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 Once a month)
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Badminton 2:30pm - 4:30pm (*Canceled on
Roadrunner Foodbank Day Once a month)
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, April 11, 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: ABQ BioPark Zoo

Tuesday, April 14, 2026

Check-in: 8:15am

Depart: 8:30am

Return: 11:00am



Trip: Santa Barbara Centenarian Celebration

Friday, April 10, 2026

Check-in: 10:30am

Depart: 10:45am

Return: 2:00pm



New Class

Stretching Class

Stretching improves flexibility, joint range of motion, and muscle function, essential for daily mobility and reducing injury risks.

Tuesdays and Thursdays

8:30am-9:15am



Trip: Bear Canyon Senior Center Easter Celebration

Wednesday, April 1, 2026

Check-in: 1:30pm

Depart: 1:45pm

Return: 4:30pm



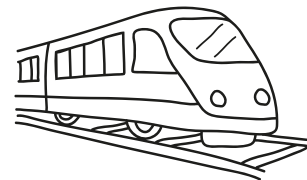
Trip: Rail Runner Santa Fe National Cemetery

Wednesday, April 8, 2026

Check-in: 8:15am

Depart: 8:30am

Return: 11:00am



SPEAK WITH DISTINCTION TOASTMASTERS



JOIN US DURING OUR OPEN HOUSE

APRIL 16TH

5:30PM-6:30PM

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

New Class

Basic Qigong/Tai Chi Class

Tuesdays

2:00pm-3:00pm

Gentle joint exercise to loosen and move joints safely. Basic Tai Chi movement to improve balance and mind-body connection. Feel refreshed and energized the rest of the day.



Manzano Mesa Multigenerational Center

Presents:

Family Egg Hunt

Fun for all ages, join us
for an egg hunt &

treats

Thursday, April 2, 2026

1:00pm



Don't forget to bring
your basket!

GANDY DONATIONS
NEEDED!

CINCO DE MAYO CELEBRATION

Tuesday, May 5, 2026

10:00am

Join us in the
lobby for
music and
refreshments!



Mobile Food Pantry

Friday, April 17, 2026

2:00pm - 4:30pm

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

