

November 2025 Newsletter

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

11/2: Day Light Savings Time
11/4: Self-Serve Health Kiosk
11/4 & 11/5: Taxes in Retirement Workshop
11/5: Trip: Cracker Barrel
11/6: Medicare Fair
11/7: Road Runner Food Bank
11/10: Veterans Day Celebration
11/11: CLOSED
11/12: VA Outreach Table
11/15: Artisan Fair
11/18: GHEM Clinic
11/18: Apple Cider Day
11/19: Trip: Golden Corral
11/21: Friendsgiving Bingo
11/24: Teeniors
11/25: Parfait Day
11/27: Thanksgiving Day - Closed
11/28: Black Friday - Closed

Ageless Artisan Craft Fair

Saturday | 15 | November
9 AM - 1 PM | 2025

Manzano Mesa

Multigenerational Center
501 Elizabeth St SE, 87123

505-275-8731

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!



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

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- **November 17, 2025**-Barelas
Senior Center, 714 7th Street SW,
87102
- **December No Meeting**

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



November 24, 2025 **1:00pm-2:00pm**
or
2:00pm-3:00pm

One-on-one help with technology

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

Taxes in Retirement Workshop

Are you nearing or already in retirement? Attend this course and acquire the tools to make sound financial decisions that can help guide you to and through retirement.

**Tuesday, November 4th or
Wednesday, November 5th**

at 6:30pm

To register: call or text 505-273-8414

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, November 4, 2025
9:00am-11:00am



**Will resume in
January**



Closed Holidays

We will be closed
Tuesday, November 11, 2025
In Observance of
Veterans Day

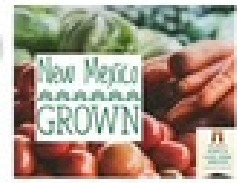
And closed
Thursday, November 27, 2025
& Friday November 28, 2025
In Observance of
Thanksgiving Day

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, November 18, 2025
9:00am-12:00pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	 4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	 5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	 6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	 7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
 10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11  VETERANS DAY HONORING ★ ALL WHO ★ SERVED	 12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
 17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	 18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	 19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	 21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
 24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	 25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	 26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	



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

*All classes subject to change

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
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 10:30 - 12:30
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
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 - 10:30 am
Senior Basketball 12:00pm - 1:00pm
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Poetry Around The World 1:00pm - 2:00pm (2nd Wednesday)
Origami Workshop 2:00pm - 4:00pm (2nd Wednesday)
Cricket Training 3:30pm - 6:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Qigong 4:00pm-5:30pm
Yoga: Beginning 5:30pm - 6:30pm \$
Open Basketball 6:30pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)
T1D Family Support Group 6:30pm - 7:30pm (last 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
Artist Corner 1:00pm - 4:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:30am (3rd Thurs)
Tech Thursdays 9:00am - 10:00am (Check with Front Desk)
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 (check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 12:00pm
Meditation 10:00am - 11:00am
Shuffleboard 11:00am - 2:00pm
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Badminton 2:30pm - 4:30pm (*Canceled on Roadrunner foodbank Day)
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 11:00am-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
Vietnamese Senior Group 9:00am-12:00pm (2nd & 4th Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

Cracker Barrel

Wednesday, November 5, 2025

Check in: 10:45am

Depart: 11:00am

Return: 1:00pm



OLD COUNTRY STORE

Medicare Fair

Thursday, November 6, 2025

9:00am-11:00am

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Parfait Day

Tuesday, November 25th

at 10:00am

in the lobby



Golden Corral

Wednesday, November 19, 2025



Check in: 10:45 am

Depart: 11:00 am

Return: 1:00 pm

Veterans Day Celebration

Manzano Mesa Multigenerational Center
501 Elizabeth ST SE, 87123
505-275-8731

VETERANS DAY CELEBRATION

HONORING ALL WHO SERVED

MONDAY

TIME

11.10.2025

9:30am - 11:15am



JOIN US IN THE LOBBY TO CELEBRATE
OUR VETERANS

ONE
ALBUQUE
RQUE senior affairs

United
Healthcare

Hot Cider Day

Tuesday, November 18th

at 10:00am

in the lobby



ANNUAL HOLIDAY DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE
WITH SENIORS IN NEED THIS HOLIDAY SEASON.

DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE
COORDINATION PROGRAM.

NEW ITEMS NEEDED:

- **SCARVES**
- **HATS**
- **GLOVES**
- **SOCKS**
- **BLANKETS**

BRING DONATIONS TO
YOUR LOCAL SENIOR
OR
MULTIGENERATIONAL
CENTER BEFORE
NOVEMBER 30, 2025

SCAN QR CODE



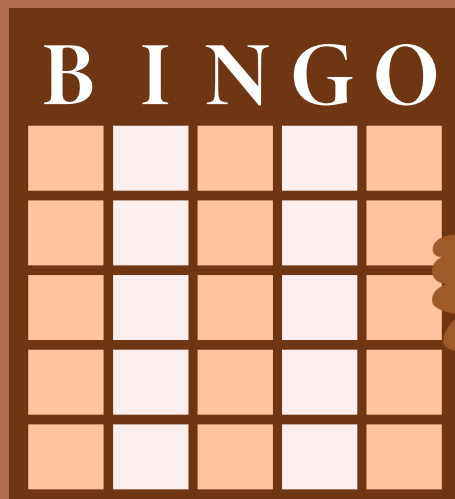
FOR AMAZON REGISTRY

**ONE
ALBUQUE
QUE** senior affairs

 **independence
at home**
A SCAN COMMUNITY SERVICE.

FOR MORE INFORMATION, CALL (505)764-6400

FRIENDSGIVING



Friday, November 21, 2025

6 pm - 8 pm

Don't miss out on the chance to win prizes at our Friendsgiving Bingo Night.

This event is free and all ages are welcome.

Mobile Food Pantry

Friday, November 7, 2025

2:00pm - 4:00pm

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

