MANZANO MESA MULTIGENERATIONAL CENTER

November 2026

A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us.
At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.



Anna Sanchez
Director, Department of Senior Affairs



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

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
Kenya Espinoza
Suzanne Reyes

Office Assistant
Crissy Haynes

Program Assistants
Katherine Jimenez
Alexia Watson-Gallegos
Joshua Zuniga

Cook
Leroy Chambers

Kitchen Aide
Maria Dominguez
Viola Padilla

General Service
Andre Valdez
Arturo Castillo

SPECIAL DATES & ANNOUNCEMENTS

11/1: Daylight Saving Time Ends
11/2: Dia De Los Muertos
11/2: Trip: Old Town Dia De los Muertos Celebration
11/6: AARP Defensive
11/6: Medicare Fair
11/7: TRIP: Downtown Growers market
11/9: Veterans Day Celebration
11/10: Coffee with a Cop
11/10: Self- serve Health Kiosk
11/11: CLOSED
11/14: Ageless Artisan Craft Fair
11/16: Teeniors
11/17: GEHM Clinic
11/17-18: Taxes and retirement
11/18: Medicare SHIP Counseling
11/20: Roadrunner Food bank
11/26-27:CLOSED

*Hours are subject to change

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- **November 16, 2026 : Conway Wood Northwest Multigenerational Center; 10751 Cibola Loop NW, 87114**
- **December: No Meeting**

Coffee with Constituents

Conway Wood Northwest Multigenerational Center

Thursday, November 12, 8:30 am–9:30 am

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 17, 2026

9:00am-12:00pm

We will be closed



Wednesday, November 11th in observance of Veterans Day



Thursday, November 26th and Friday, November 27th in observance of Thanksgiving

Trip: Old Town Dia De los Muertos Celebration

Monday, November 2, 2026

Check-in: 4:00 pm

Depart: 4:15 pm

Return: 8:00 pm



Sign-up at the Front Desk

AARP

November 6, 2026

1:00pm-5:15pm

AARP Members: $20.00

Non-Members: $25.00



PLEASE SIGN UP AT THE FRONT DESK

Payment: Cash/check paid to instructor in class

Bring Driver's License & AARP Membership Card

TEENIORS

tech-savvy teens empowering seniors

Monday, November 16, 2026

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!

Taxes and Retirement Workshop

Tuesday, November 17, 2026

Wednesday, November 18, 2026

6:00pm-8:30pm

Please sign up in advance for this presentation at the front desk.



Trip: Downtown Growers Market

Saturday, November 7, 2026

Check-in: 9:00 am

Depart: 9:15 am

Return: 12:00 pm



Sign-up at the Front Desk

*Hours are subject to change

Veterans Day Celebration

Monday, November 9 | 11:30am-12:30pm
Honoring our Veterans!

Coffee with a Cop

Tuesday, November 10
9:00am–10:00am

Room Closures:

Following rooms will be closed
Friday, November 13, 2026
as we prepare for Artisan Fair.
Room 5, Room 4, Room 3, and Gym

There will be no regular programming on Saturday, November 14, 2026 please join us for our Ageless Artisan Craft Fair!

We want to hear from you!

Have an idea for an activity, a suggestion or a concern? Drop a note in our suggestion box. Ask the front desk where to find it!

Palo Duro Senior Center is closed for renovations.

Please visit the following sites for Breakfast and Lunch:

- **Manzano Mesa Multigen Center**

501 Elizabeth St SE, 87123

- **Highland Senior Center**

131 Monroe St, NE, 87108

- **Bear Canyon Senior Center**

4645 Pitt St NE, 87111

*Please contact the center you plan to visit to make a meal reservation.

AmeriCorps Seniors

ONE ALBUQUERQUE senior affairs

Current Volunteer COP Holder Driving Safety Course

Because Every Safe Driver Makes a Difference

This course is MANDATORY for all current volunteer City Operators Permit (COP) drivers!



October 29th November 5th & 12th | 9am – 1pm

Anderson/Abruzzo Balloon Museum 9201 Balloon Museum Dr NE, 87113

Please call (505)767-5225 to sign up for one of the dates at least 3 days before the session.

ONE ALBUQUERQUE

November

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
2	**3**	**4**	**5**	**6**
Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9	**10**	**CLOSED 11**	**12**	**13**
Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz		Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz	Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16	**17**	**18**	**19**	**20**
Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23	**24**	**25**	**CLOSED 26**	**CLOSED 27**
Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz		
30	**1**	**2**	**3**	**4**
Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea 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

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

Monday



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
Intermediate Line Dance: 9:30am - 11:30am
Gentle Exercise 9:30am - 10:30am
African Language Class 10:00am-12:00pm
Needlework Group 10:00am-2:00pm
Ceramics 9:30am-12:30pm
Senior Basketball 11:00am-12:30pm
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
Retired Professionals 2:30pm-4:30pm
African Dance and Cultural Activities 4:00pm-8:00pm
Int/Advance Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm $
Volleyball 6:30pm - 8:45pm

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
Neuro Up for Parkinson's 10:00am-11:00am
Shuffleboard 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
Basic Qigong/Tai Chi 2:00pm - 3:00pm
Family Volleyball (Under 18 W/ Guardian) 6:30pm- 8:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:00pm - 8:30pm
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
Golden Eagles 9:30am-11:30am (4th Wednesday)
Book Club 10:00am - 12:00pm (1st Wed every other month)
Senior Basketball 11:00am-12:30pm
Pinochle 11:00am - 12:30pm
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



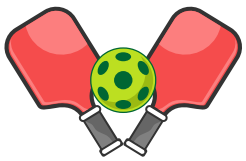
Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 8:45pm
Table Tennis 8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Neuro Up for Parkinson's 10:00am-11:00am
Tai Chi 9:00am - 10:00am $
Bible Discussion 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Quilting 9:30am - 12:30pm (1st & Last Thurs)
Pickleball Training 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
Artist Corner 1:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
Badminton 6:30pm - 8:30pm

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)

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 $
Manzano Mesa Cloggers 11:30am-2:30pm
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)

*All classes subject to change

MEDICARE FAIR

EVENT SERIES | *take care of your health*

Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

ONE ALBUQUERQUE senior affairs

LOCATIONS AND TIMES

Bear Canyon Senior Center
- Medicare Event: Oct. 14, 9 – 11 am
- SHIP Counseling: Oct. 21, 9 – 11 am

Highland Senior Center
- Medicare Event: Oct. 15, 9 – 11 am
- SHIP Counseling: Oct. 22, 9 – 11 am

Manzano Mesa Multigenerational Center
- Medicare Event: Nov. 6, 11 am – 1 pm
- SHIP Counseling: Nov. 18, 11 am – 1 pm

Barelas Senior Center
- Medicare Event: Nov. 12, 11 am – 1 pm
- SHIP Counseling: Nov. 19, 11 am – 1 pm

Call **505-764-6400** for more information

FREE

MOBILE food pantry

Mobile food pantry for the community supplied by Roadrunner Food Bank.

November 20, 2026 2:00PM– 4:30 PM
December 18, 2026 2:00PM– 4:30 PM

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731

ONE ALBUQUERQUE senior affairs

ROADRUNNER FOOD BANK OF NEW MEXICO

Ageless Artisan Craft Fair



SATURDAY, NOVEMBER 14TH
9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETHST.SE
(505) 275-8731

- Tin Art
- Jewelery
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!

Support Our Senior Artisans!

cabq.gov/seniors

United Healthcare

ONE ALBUQUERQUE senior affairs