

November 2021

Happy Fall!!



It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return of annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at cabq.gov/seniors for upcoming details and schedules.

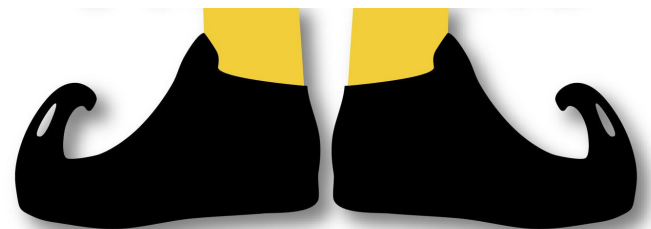
Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Family Night



*Join us for cookie
decorating, photos with
santa, hot chocolate bar and
the family classic Elf.
December 10th 5pm
Sign Up at the Front Desk*



**We will be Closed
Veteran's Day November 11,
November 25th & 26th
in Observance of Thanksgiving**



Accredited by **nco**
National Institute of
Senior Centers

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

Monday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Beading 8:30am - 12pm
 Computer Lab 9am - 11:15am
 Line Dance: Beginning 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 9:30am - 10:30am (2nd Monday)
 Zumba Gold 10:45am - 11:45am
 Happy Hookers 1pm - 3pm
 Badminton 1pm - 4pm
 Volleyball 5pm - 7pm
 Yoga: Hatha Blend 6pm - 7:15pm
 Lions Club 6pm - 7:30pm



Tuesday

NEW Walking Group 8:30am Front Entrance
 Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Computer Lab 9am - 11:15am
 Tai Chi 9am - 10am
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 11:30am
 Line Dance: Intermediate 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Line Dance: Intermediate 1:30pm - 3:30pm
 Badminton 6pm - 8:50pm
 Functional Fitness 6:30pm - 7:30pm
 Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8am - 8:45 pm
 Billiards 8am - 1pm / 5:30pm - 8:45pm
 Table Tennis 8am - 1pm / 5:30pm - 8:45pm
 Woodcarving 8am - 11:30am
 Aerobics 8:15am - 9:15am
 Computer Lab 9am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Meditation Group 10:10am - 11:10am
 Zumba Gold 10:45am - 11:45am
 Open Basketball 11:30am - 12:30pm
 Starter Line Dancing 12:15pm - 1:15pm
 Pinochle 1pm - 4:30pm
 Line Dance; Beg/Improver 1:30pm - 4:00pm
 Yoga: Beginning 5:30pm - 6:30pm
 Senior Men's Basketball 5:30pm - 8:45pm



Thursday

NEW Walking Group 8:30am Front Entrance
 Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Flex & Tone 8:15am - 9:15am
 Tai Chi 9am - 10am
 Pottery 9am - 1pm

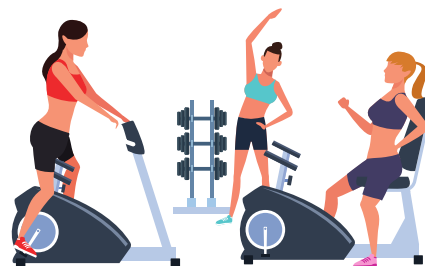
Computer Lab 9am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 1:00pm
 Artist's Corner 1pm - 4pm
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Wise Women Belly Dance 6:15pm - 7:15pm

Friday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Computer Lab 9am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 TOPS 9:30am - 12pm
 Open & Seniors Men's Basketball 11am - 1pm
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)
 Line Dancing: Intermediate 1:30pm - 3:30pm
 Volleyball 5pm - 7pm
 Kendo Kai 6:30pm - 8:30pm
 Basketball 7pm - 8:45pm

Saturday

Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 11am
 Project Linus 9am 12pm (2nd Saturday)
 Laughter Yoga 9am - 10am
 Cherokees of NM 12pm - 2:45pm (3rd Saturday)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)



Be BRAVE: a fall recovery class

Albuquerque Fire Rescue is proud to offer be BRAVE.

Be BRAVE is a dynamic discussion & practice 90-120 min. session aimed at discussing the fear of FALLING and its affect on daily life. The discussion will include but not limited to:

- Breathing (anatomy of breathing)
- Objective date: history of falls.
- Gait Strength and Balance
- Definition of a fall
- Fear cycles of falls
- How to get up off the ground
- Be BRAVE: Fall action plan
- Symptoms that are concerning
- Questions/comments

What to bring: Water, Layers & Secure shoes.

Wednesday, November 3rd 10am

Please sign up at the front desk.



Home Engagement Alternative Response Team

For more info. Contact Lt. Athena Valerio-Hirschfeld 505-768-3791

Free Holiday Cooking Classes

JOIN REGISTERED DIETITIAN AND ENJOY NEW & EASY HOLIDAY RECIPES EACH CLASS WILL HAVE A DEMO AND SAMPLES

TUESDAY 10-11AM

NOVEMBER 2ND:

EASY CHICKEN CHILI, HOLIDAY SALAD WITH APPLE GREEN CHILE DRESSING AND PUMPKIN FLUFF.

DECEMBER 21:

CHIPOTLE PUMPKIN HUMMUS, TABBOULEH SALAD & BLACK BEAN BROWNIES.

SPONSORED BY

 **PRESBYTERIAN**

SIGN UP AT FRONT DESK

DSA Annual Thanksgiving Luncheon Returns!

Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, **purchase your holiday lunch ticket in advance for \$4.00 per person.** Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!


Happy Thanksgiving

GEHM Clinic

Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure, pulse, oxygen saturation, height, weight, and blood glucose levels, and referrals are made as indicated.



Tuesday, November 16
8:30am - 12:00pm

Friendship Coffee

A cup of coffee shared with a friend is happiness tasted and time well spent.

2nd Monday 9:30am-10:30am



Papel Picado

Come learn the art of paper cutting. Space is limited please sign up at the front desk.

Decemeber 15, 5:30-7:30pm

Survey Lottery Winners!

Congratulations to Harriet Berry & Diana Sanchez winners of the Programming and Activities Survey lottery. These important surveys help us continue to provide and expand on programs and services. Thank you to all who participated.



Welcome

Esperanza Molina is our new Youth Program Coordinator. She graduated from UNM with a Bachelor of Arts. She has worked with the Department of Senior Affairs for 7 years as a Youth Program Student Supervisor. We are happy to have her as part of our team!

Conference on Aging Virtual Watch Party!

The Conference on Aging is virtual and the DSA s is hosting a watch party November 17th - 18th so you won't miss it! Join us at Barelás, Manzano Mesa, or North Domingo Baca from 8:30am-2:00pm to view various workshop sessions. Free refreshments and giveaways to participants.

Upcoming Trips



MEOW WOLF



**Thursday
November
18, 2021**

**Check in time:
8:45am
Return Time
3:00pm**

COST: 65+ \$20 Under 65 \$25

Its a must see if you want to experience a sensory overload and test your skills at finding the hidden wonders within an artistic amusement center.

SIGN UP AT THE FRONT DESK



Old Town Stroll Trip

Start your holiday shopping in Historic Old Town. This event has become the unofficial beginning of the holiday season.



Friday December, 3 2021

Check in time: 3:45pm
Return time: 8:00pm

Sign up at the front desk for a ride to Old Town

Teen Gaming



Come show off your gaming skills during teen gaming event! Refreshments will be served
Wednesday, November 17
4:00-6:00pm
Please sign up at the front desk

Let's Trim the Tree


























Join us for treats, hot chocolate and tree decorating.
Wednesday, December 1, 2021
9:00am - 10:00am

Manzano Mesa Multigenerational Center Monthly Lunch Menu

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 275-8731 to make your reservation
by 1:00pm the day prior.

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Pork Loin W/ Gravy ♦ Rice Pilaf ♦ Corn ♦ Dinner Roll W/ Margarine ♦ Fruit cup ♦ 1% Milk 	2 ♦ Ham Mac & Cheese ♦ Normandy Blend ♦ Blueberry Crisp ♦ 1% Milk 	3 ♦ Breaded Chicken Patty W/ Green Chile White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Red Apple ♦ 1% Milk 	4 ♦ Pot Roast/ Potato, Celery, Carrots ♦ Italian Blend ♦ Ancient Grain ♦ Fruit cup ♦ 1% Milk 	5 ♦ Omelet W/ Mushrooms & Spinach ♦ Hash Browns ♦ Stewed Tomatoes ♦ Yogurt ♦ 1% Milk 
8 ♦ Steak Fingers W/ White Gravy ♦ Red Potatoes ♦ Succotash ♦ Cookie ♦ 1% Milk 	9 ♦ Ham W/ Pineapple Glaze ♦ Biscuit ♦ Sweet Potato ♦ Fruit cup ♦ 1% Milk 	10 ♦ Meatball Sub Sandwich W/ Mozzarella ♦ Steak Fries W/ Ketchup ♦ Normandy Blend ♦ Fruit cup ♦ 1% Milk 	11 Closed Veterans Day	12 ♦ Red Chile Cheese Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Pudding ♦ 1% Milk 
15 ♦ Cajun Salmon ♦ Fettuccine Alfredo ♦ Baby Carrots ♦ Granny Smith Apple ♦ 1% Milk 	16 ♦ Beef W/ Peppers & Onions ♦ Black & Pinto Beans ♦ Imperial Blend ♦ Banana ♦ 1% Milk 	17 ♦ Green Chile Chicken Posole ♦ Spanish Rice ♦ Calabacitas ♦ Pudding ♦ 1% Milk 	18 ♦ BBQ Pulled Pork Sandwich ♦ Steamed Red Potatoes ♦ Baked Beans ♦ Fruit cup ♦ 1% Milk 	19 ♦ Pasta Primavera ♦ Northwest Blend ♦ Breadstick ♦ Cottage Cheese W/ Peaches ♦ 1% Milk 
22 ♦ Rotisserie Chicken ♦ Rosemary Potatoes ♦ Green Beans ♦ Dinner Roll W/ Margarine ♦ 1% Milk 	23 ♦ Carne Adovada ♦ Flour Tortilla ♦ Pinto Beans ♦ Spanish Rice ♦ Fruit cup ♦ 1% Milk 	24 ♦ Herb Roasted Turkey W/ Gravy ♦ Stuffing W/ Gravy ♦ Baked Yams W/ Marshmallows ♦ Dinner Roll ♦ Pumpkin Pie ♦ 1% Milk 	25 Happy  Thanksgiving! Closed	26 Holiday Closed
29 ♦ Salisbury Steak W/ Green Chili Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll W/ Margarine ♦ Yogurt ♦ 1% Milk 	30 ♦ Turkey Tetrazzini/ Diced Turkey, Penna Pasta, Alfredo Sauce ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% Milk 	1 ♦ Baked Tilapia W/ Lemon & Tartar Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Pudding ♦ 1% Milk 	2 ♦ Chicken Parmesan W/ Mozzarella ♦ Carrots ♦ Breadstick ♦ Fruit cup ♦ 1% Milk 	3 ♦ Diced Pork W/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll W/ Margarine ♦ Jell-O ♦ 1% Milk 

Revised 10/15/21

Please join us Monday-Friday 8:00am-9:00am for breakfast.

