



### Center Hours

**M-F: 8a-9p Sat: 9a-3p**

**Sun: Closed**

#### Center Staff

Natasha Montoya, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Program Assistant

Katherine Jimenez,

Program Assistant

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

### Special Dates & Announcements

10/6: SCLO Power of Attorney Workshop

10/10: CLOSED: Indigenous Peoples Day

10/18: Covid Booster Clinic 1-4pm

10/20: BCBS Medicare Event

10/21: UNM Flu Shots & Health Screening

10/28: Fall Fest & Haunted House

10/31: Pet Parade



## Blue Cross Blue Shield of N.M. Care Van



Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10am-11am at senior and multigenerational centers. Sign up at the front desk.

Event Dates:

Highland Senior Center | Oct 7

**Manzano Mesa Multigenerational Center | Oct 20**

Los Volcanes Senior Center | Oct 28

## Senior Law Office Presentations

### Power of Attorney Workshop

Oct 6, 9-11am

### Scams & Identity Theft

Nov 7, 10- 11:30am

### Be a Smart Shopper

Dec 7, 10- 11:30am

Sign up at the front desk



Manzano Mesa will be offering AARP Driver Safety Courses. October, 28th

**4th Friday of the Month  
1:00pm - 5:00pm**



AARP Members \$20, Non-Members \$25  
Cash or Check Only  
Please Sign up at the front desk

## SHOT CLINIC

Covid Vaccine and Covid Booster

No appointments necessary. High dose flu shots recommended by the CDC for seniors aged 65+, as well as the regular strength for everyone else

**Tuesday, October 18th**

**1:00pm- 4:00pm**

Sponsored by:



## 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, October 18**

**8:30am - 12:00pm**



## IMA Clinical Research Alzheimer's Prevention

The Trailblazer-AL 3 study, is testing whether a study drug can potentially prevent or slows down the symptoms of Alzheimer's disease

- Age 65-80 years old
- Normal memory and thinking
- Pass study screening Activities

**Wednesday, October 12**

**9:00am - 12:00pm**



## Upcoming Trips:

### Unser Racing Museum

The Unser Racing Museum is a multidimensional museum. The museum spans the early day of racing to the latest technology.



**Tuesday, October 25**

Check in: 9:30am | Return 1:00pm

Limit 14  
Sign up at front desk

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## MARKET YOUR ART WORK!

Are you a crafter or artist and want to learn how to strategically showcase your work to entice customers? Senior Affairs is offering FREE training opportunities that can help artisans and crafters level up sales and enhance displays.



**North Domingo Baca**

October 5, 2022 | 9am

Pre-Registration Required

Call 505-764-6475

**Los Volcanes Senior Center**

October 5, 2022 | 1:30pm

Pre-Registration Required

Call 505-767-5999

## Free Health Screenings

Flu shots, screenings for atrial fibrillation, blood pressure and diabetes.

**Friday, October 21**

9:00am -12:00pm



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## Supercharge Your Job Search, Networking & Interview Skills

Discover how to network effectively, hone your interviewing skills and search and apply for great jobs online! Join us for this free, interactive workshop.



**October 7th, 11:00am**

**Pre-Register:**

<https://learn.aarp.org/event/supercharge-your-job-search-networking-interview-skills>

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## Annual Prime Time Expo Trip

FREE HEALTH SCREENINGS,  
ENTERTAINMENT AND MUCH MORE!

**October 11, 2022 | 8am-1:30pm**

Check in- 8:00am

Depart- 8:15am

Return- Approx. 1:30pm

Sign up at the front desk!



## 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: 9:15am - 11:15am  
Gentle Exercise 9:30am - 10:30am  
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)  
Zumba Gold 10:45am - 11:45am \$  
Happy Hookers 1pm - 3pm  
Volleyball 5:30pm - 8:30pm  
Yoga: Hatha Blend 6pm - 7:15pm \$  
Lions Club 6pm - 7:30pm (1st & 3rd)



## Tuesday

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 \$5.00  
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 5:30pm - 8:50pm  
Functional Fitness 6:30pm - 7:30pm  
Celtic Sessions Group 6:30pm - 8:30pm  
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 6pm - 8:45pm



## Thursday

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 \$5.00  
Pottery 9am - 1pm  
Pickleball Training 9:30am - 11:30am  
Open & Senior Men's Basketball 11:30am - 1:00pm  
Artist's Corner 1pm - 4pm  
Bingo 2pm - 4:00pm  
Pickleball 2pm - 4pm  
Badminton 5:30pm - 8:45pm  
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm  
Belly Dance 6pm - 8pm (Last Thursday)

## 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 10:00am - 11:30pm  
Open & Seniors Men's Basketball 11am - 1:00pm  
Badminton 1:00pm - 4:00pm  
Manzano Mesa Cloggers 5:00pm - 6:30pm  
Volleyball 5:30pm - 7pm  
Basketball 7pm - 8:45pm



## Saturday

Fitness Room 9am - 2:45pm  
Billiards 9am - 2:45pm  
Table Tennis 9am - 2:45pm  
Pickleball 9am - 12pm  
Project Linus 9am 12pm (2nd Saturday)  
Laughter Yoga 9am - 10am  
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)  
Cherokees of NM 12pm - 2:45pm (3rd Saturday)  
Escibiente Calligraphy Society 1pm - 3pm (3rd Saturday)  
Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

**Friday October 21, 2022, Gymnasium closed from 4 - 9:00pm**  
**Friday October 28, 2022, Gymnasium closed for center event**

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Pinto Beans</li> <li>◆ Roasted Corn</li> <li>◆ Pineapple</li> <li>◆ Flour Tortilla</li> <li>◆ 1% Milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Beef Stroganoff</li> <li>◆ Broccoli &amp; Red Peppers</li> <li>◆ Seasonal Vegetables</li> <li>◆ Bread Stick</li> <li>◆ Apricots</li> <li>◆ 1% Milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Omelet w/ Fajita Blend</li> <li>◆ Buttered Spinach</li> <li>◆ Tater Tots</li> <li>◆ Rice Pudding</li> <li>◆ 1% Milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Meatloaf w/ Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Brussel Sprouts</li> <li>◆ Dinner Roll</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Lemon Pepper Tilapia</li> <li>◆ Rice Pilaf</li> <li>◆ Zucchini &amp; Red Peppers</li> <li>◆ Seasonal Vegetables</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 
10 <p><b>CLOSED FOR INDIGENOUS PEOPLES DAY</b></p>	11 <ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork</li> <li>◆ Brown Rice</li> <li>◆ Vegetable Blend</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Frito Pie</li> <li>◆ Pinto Beans</li> <li>◆ Spinach</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Breaded Catfish</li> <li>◆ Crinkle Cut Fries</li> <li>◆ Diced Tomato</li> <li>◆ Collard Green</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% Milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Macaroni and Cheese</li> <li>◆ Green Beans</li> <li>◆ Seasonal Vegetables</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 
17 <ul style="list-style-type: none"> <li>◆ Bratwurst w/ Onion &amp; Peppers</li> <li>◆ Diced Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Diced Pears</li> <li>◆ Hoagie Bun</li> <li>◆ 1% Milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Sliced Turkey w/ Gravy</li> <li>◆ Sweet Potatoes</li> <li>◆ Beets</li> <li>◆ Dinner Roll</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Eggplant Parmesan</li> <li>◆ Pasta w/ Marinara</li> <li>◆ Carrots</li> <li>◆ Broccoli</li> <li>◆ Greek Yogurt w/ Peaches</li> <li>◆ 1% Milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ Garlic Butter Tilapia</li> <li>◆ Brown Rice</li> <li>◆ Green Peas</li> <li>◆ Cauliflower</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Green Chile Beef Stew</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Cinnamon Apples</li> <li>◆ Flour Tortilla</li> <li>◆ 1% Milk</li> </ul> 
24 <ul style="list-style-type: none"> <li>◆ Pasta Primavera</li> <li>◆ Green Beans</li> <li>◆ Garlic Bread</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ BBQ Baked Chicken</li> <li>◆ Collard Greens</li> <li>◆ Seasonal Vegetables</li> <li>◆ Croissant</li> <li>◆ Cranberry Sauce</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Gravy</li> <li>◆ Brown Rice</li> <li>◆ Cauliflower</li> <li>◆ Green Peas</li> <li>◆ Strawberries</li> <li>◆ 1% Milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Garlic Butter Salmon</li> <li>◆ Orzo Pasta</li> <li>◆ Carrots w/ Parsley</li> <li>◆ Broccoli &amp; Cauliflower</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy</li> <li>◆ Pasta</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Brussel Sprouts</li> <li>◆ Tapioca Pudding</li> <li>◆ 1% Milk</li> </ul> 
31 <ul style="list-style-type: none"> <li>◆ Red Swamp Water (Posole)</li> <li>◆ Witches Potion</li> <li>◆ Mystery Mix</li> <li>◆ Bat Wings</li> <li>◆ Ghostly Pumpkin</li> <li>◆ 1% Milk</li> </ul> 	Nov. 1 <ul style="list-style-type: none"> <li>◆ Cheese Burger</li> <li>◆ Tater Tots</li> <li>◆ Diced Tomatoes</li> <li>◆ Peppers &amp; Onions</li> <li>◆ Banana</li> <li>◆ Hamburger Bun</li> <li>◆ 1% Milk</li> </ul> 	Nov. 2 <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Ancient Grains</li> <li>◆ Broccoli</li> <li>◆ 5-Way Vegetables</li> <li>◆ Diced Pears</li> <li>◆ 1% Milk</li> </ul> 	Nov. 3 <ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Macaroni &amp; Cheese</li> <li>◆ Sliced Zucchini</li> <li>◆ Carrots</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	Nov. 4 <ul style="list-style-type: none"> <li>◆ Catfish</li> <li>◆ Sweet Potatoes</li> <li>◆ Pinto Beans</li> <li>◆ Collard Greens</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 

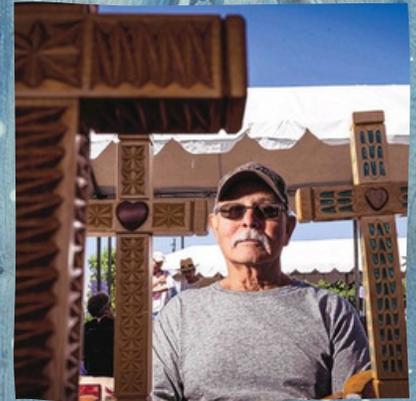
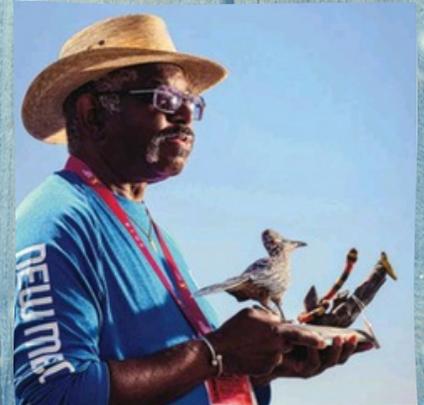
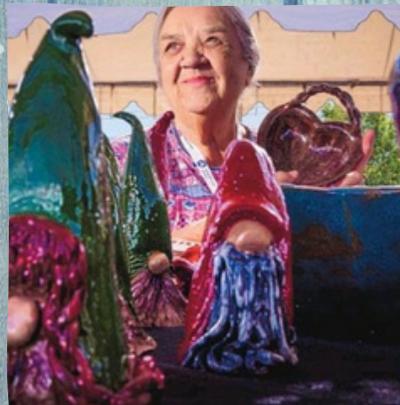
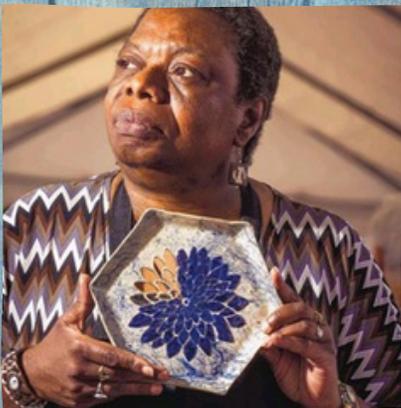
**Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.**  
**Please call 275-8731 to make your reservation by 1:00pm the day prior.**

# Ageless Artisan Craft Fair Winter Edition

**Just in time for holiday shopping!**

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

**NOVEMBER 19, 2022 | 9AM - 1PM  
MANZANO MESA MULTIGENERATIONAL  
CENTER 501 ELIZABETH SE 87123**



FOOD TRUCKS | ARTS & CRAFTS KIDS CORNER | CLASSIC CAR SHOW

**Want to sell your works at the fair? Artisan and Crafter applications available at front desk. Application submission deadline is October 17, 2022.**