



# SPOOKY FALL FESTIVAL

501 ELIZABETH ST. SE, 87123

(505) 275-8731



OCTOBER  
11  
2024



5:00PM  
8:00PM

FREE ADMISSION FOR EVERYONE!  
WE WILL HAVE GAMES, HAUNTED  
HOUSE, FOOD, AND MORE

## Center Hours

M-F: 8a-9p Sat: 9a-3p  
Sun: Closed

## Center Staff

Brittani Torres, Center Manager  
Esperanza Molina, Center  
Supervisor  
Vacant, Coordinator  
Josephine Griego, Coordinator  
Ann Poydack, Office Assistant  
Katherine Jimenez,  
Alexia Watson-Gallegos,  
Vacant  
Program Assistants  
Vacant,  
Recreation Assistant  
Leroy Chambers, Cook  
Maria Dominguez, Kitchen Aid  
Monica Rosales, General Services  
Leon Mascarenas, General Services  
Andre Valdez, General Services

## Special Dates & Announcements

10/4: Dia De los Muertos Alter  
10/8: Self- Serve Health Kiosk  
10/11: Fall Festival  
10/14: CLOSED  
10/15 : GHEM Clinic  
10/18: UNM Community Out Reach Day  
10/22: Tech BINGO  
10/22: Halloween Dance  
10/23: TRIP: Big Jim's  
10/24: Tech Thursday  
10/25: Road Runner Food Bank  
10/25: AARP- Defensive Driving  
10/28: Movie in the Lobby: Beetle Juice  
10/29: Movie in the Lobby: The Adam's Family  
10/30: Movie in the Lobby: Hocus Pocus  
10/31: Halloween Pet Parade

Accredited by   
National Institute on  
Senior Centers

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

*Ageless Artisan*  
*Craft Fair*

ONE ALBUQUE senior affairs  
RQUE

NOVEMBER  
SATURDAY 16 9 AM-1 PM

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

**Want to sell your works at the fair?**

ARTISAN AND CRAFTER APPLICATIONS ARE AVAILABLE AT THE  
FRONT DESK.

APPLICATION SUBMISSION DEADLINE IS OCTOBER 18, 2024



## Mobile Food Pantry

We will have a mobile food  
pantry for the community  
supplied by Roadrunner Food  
Bank. Groceries will distributed  
in the gym.

**Friday, October 25, 2024**

**2:00pm-4:45pm**



**October 25, 2024**

**1:00pm-5:00pm**

**AARP Members: \$20.00**

**Non-Members: \$25.00**

**SIGN UP AT THE FRONT DESK**



**Pymt: Cash/check to instructor in class**

**Bring Drivers License & AARP Membership Card**

## Beyond Walls Tech Thursday



Join us every last Thursday of the Month  
for Tech Thursday, classes provided by  
the Beyond Walls Program.

**Thursday, October 24, 2024**

**10:00am-11:00pm**

**Sign up at the front desk**



## Tech Bingo Tuesday

Join us every last Tuesday of the Month  
for Bingo Tuesdays, Bingo provided by  
the Beyond Walls Program.

**Tuesday, October 22, 2024**

**10:00am-11:00am**

**Winners get a \$10.00 Gift  
Card Mailed to the center!**

**SIGN UP AT THE FRONT DESK**



## 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, October 15, 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
<ul style="list-style-type: none"> <li>♦ Chicken Fajitas w/ Salsa</li> <li>♦ Flour Tortilla</li> <li>♦ Ranch Beans</li> <li>♦ Hot Sliced Apples</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Stroganoff &amp; Elbow Pasta</li> <li>♦ Cauliflower w/ Red Peppers</li> <li>♦ Bread Stick</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Ham Omelet w/ Fajita Blend</li> <li>♦ Stewed Tomatoes</li> <li>♦ Tater Tots</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul>  	<ul style="list-style-type: none"> <li>♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce</li> <li>♦ Corn</li> <li>♦ Malibu Blend</li> <li>♦ Mixed Fruit Cup</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lemon Pepper Tilapia</li> <li>♦ Rice Pilaf</li> <li>♦ Calabacitas</li> <li>♦ Chocolate Chip Cookie</li> <li>♦ 1% milk</li> </ul> 
7	8	9	10	11
<ul style="list-style-type: none"> <li>♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas &amp; Carrots</li> <li>♦ Corn Bread</li> <li>♦ Blueberry Crisp</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Teriyaki Pork w/ Brown Rice</li> <li>♦ Stir Fry Blend Vegetables</li> <li>♦ Pineapple Upside Down Cake</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and Onions</li> <li>♦ Fritos</li> <li>♦ Normandy Blend</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Linguini w/ Diced Tomato Sauce</li> <li>♦ Diced Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken &amp; Rice Soup</li> <li>♦ Spinach</li> <li>♦ Crackers</li> <li>♦ Cherry Cobbler</li> <li>♦ 1% milk</li> </ul> 
14	15	16	National Pasta Day 17	18
<b>INDIGENOUS PEOPLES' DAY</b> 	<ul style="list-style-type: none"> <li>♦ Open Faced Turkey Sandwich w/ Gravy</li> <li>♦ Yams</li> <li>♦ Green Beans</li> <li>♦ Wheat Bread</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Peas</li> <li>♦ Jell-O</li> <li>♦ Diner Roll w/ Margarine</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Spaghetti Marinara w/ Squash</li> <li>♦ Breadstick</li> <li>♦ Malibu Blend</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Green Chile Stew (Chicken, Corn, Carrots, Peas &amp; Green Beans)</li> <li>♦ Flour Tortilla</li> <li>♦ Pinto Beans</li> <li>♦ Sliced Cinnamon Apples</li> <li>♦ 1% milk</li> </ul> 
21	22	23	24	25
<ul style="list-style-type: none"> <li>♦ Beef Tips over Pasta w/ Gravy Rotini Noodles</li> <li>♦ Brussel Sprouts</li> <li>♦ Peach Cobbler</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Pot Pie 5 Way Pie w/ Biscuit</li> <li>♦ Diced Beets</li> <li>♦ Ancient Grain</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Salmon w/ Garlic Butter</li> <li>♦ Rice Pilaf</li> <li>♦ Cauliflower</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, &amp; Veggie Bacon</li> <li>♦ Corn</li> <li>♦ Baked Beans</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Green Chile Ham Mac &amp; Cheese</li> <li>♦ Cornbread</li> <li>♦ Normandy Blend</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 
28	29	30	31	1
<ul style="list-style-type: none"> <li>♦ Carne Adovada</li> <li>♦ Spanish Rice</li> <li>♦ Corn</li> <li>♦ Tortilla</li> <li>♦ Pear</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>♦ Sweet Potato</li> <li>♦ Green Beans</li> <li>♦ Apple Slices w/ Peanut Butter Cup</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)</li> <li>♦ Mashed Potatoes</li> <li>♦ Sliced Carrots</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Omelet w/ Mushrooms &amp; Spinach</li> <li>♦ Hash Browns</li> <li>♦ 5 Way Vegetable Blend</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul>  	<ul style="list-style-type: none"> <li>♦ Pot Roast (Potatoes, Celery, Carrots)</li> <li>♦ Italian Blend</li> <li>♦ Ancient Blend</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% milk</li> </ul> 

**Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.**  
**Please call 505-275-8731 to make your reservation by 1:00pm the day prior.**





**Manzano Mesa will be closed  
October 14, 2024 in observance  
of Indigenous Peoples Day**

# Big Jim’s Trip

Wednesday, October 23, 2024

Check in: 12:15pm

Depart: 12:30pm

Return: 3:00pm

Sign up at the  
front desk



At own expense



October 18, 2024

10:00am-2:00pm



Every year during American Pharmacists Month, student pharmacists from The University of New Mexico reach out to provide free health care services to the community. From immunizations, flu shots, to health screenings, these students strive to help you champion your health. All are welcome!



# Friendsgiving BINGO

Friday, November 1, 2024

5:30pm -8:00pm

Sign up at the front desk



# DÍA DE LOS MUERTOS



4 DE OCTUBRE | 8:00-9:00

**WE WILL BE MAKING AN OFRENDA  
(ALTER) OCTOBER 4TH  
PLEASE BRING PHOTOS OF  
DECEASED LOVED ONES TO ADD TO  
OUR ALTER**



## Manzano Calendar & Events

### Monday

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  
Zumba Gold 10:45am - 11:45am \$  
Mah Jong 11:00am - 2:30pm  
Happy Hookers 1:00pm - 3:00pm  
Badminton 1:00pm - 3:00pm  
Volleyball 5:30pm - 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  
Tech Bingo (Last Tuesday a Month) 10:00am - 11:00am  
Quilting (2nd Tuesday) 10:15am - 1:00pm  
Mah Jong 1:00pm - 4:00pm  
Shuffle Board 1:00pm - 4:00pm  
Sing-A-Long 1:30pm - 2:30pm (1st Tuesday)  
Badminton 6:00pm - 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  
Meditation Group 10:00am - 11:00am  
Zumba Gold 10:45am - 11:45am \$  
Pinochle 12:30pm - 4:00pm  
Badminton 1:00pm - 3:00pm  
Line Dance: Beg/Improver 1:30pm - 3:30pm  
Yoga: Beginning 5:30pm - 6:30pm \$  
Senior Men's Basketball 6:00pm - 8:45pm  
Albuquerque Astronomical Society 7:00pm - 8:45pm  
(1st & 3rd 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  
Quilting 9:00am - 1:00pm (Last Thursday of Month)  
Mental Health Support Group 9:00am - 10:30am  
Pickleball Training 9:30am - 11:30am  
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)  
Tech Thursday 10:00am - 11:00am (Last Thurs)  
Artist Corner 1:00pm - 4:00pm  
Bingo 2:00pm - 4:00pm  
Pickleball 1:00pm - 4:00pm  
Badminton 6:00pm - 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  
Gentle Exercise 9:30am - 10:30am  
TOPS 9:30am - 12:00pm  
Shuffleboard 11:00am - 2:00pm  
Badminton 2:30pm - 4:30pm (\*Canceled on Roadrunner Day)  
Volleyball 5:30pm - 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)  
Laughter Yoga 9:00am - 10:00am  
Wise Woman Belly Dance 11:00am-12:00pm  
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)  
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)  
Magic Club 12:00pm - 2:24pm (3rd Saturday)  
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)



\*All classes subject to change

**MOVIE IN THE LOBBY**

ONE ALBUQUE RQUE senior affairs


**OCT. 28** **BEETLE JUICE**  
10:00 AM

MOVIE IN THE LOBBY:

**OCT. 29** **THE ADAMS FAMILY**  
10:00 AM

**OCT. 30** **HOCUS POCUS**  
10:00 AM

**SIGN-UP AT THE FRONT DESK**  
[505] 275-8731



**OCTOBER 22, 2024**  
**MONSTER MASH DANCE**

**COSTUME CONTEST, DANCING, & LIVE MUSIC**  
**1:30PM - 3:00PM**

ONE ALBUQUE RQUE senior affairs

**SIGN UP AT THE FRONT DESK**



# Halloween Pet Parade



**31 OCTOBER, 2024**

**10:00AM - 11:00AM**  
**FREE ENTRY!**

