

MANZANO MESA MULTIGENERATIONAL CENTER

OCTOBER 2023 NEWSLETTER

FALL FESTIVAL & HAUNTED HOUSE EXPERIENCE ENTER IF YOU DARE



5:00 PM
8:00 PM

OCTOBER
23RD

501 ELIZABETH
ST SE, 87123

This fall festival, step into our haunted house and experience scares like never before. Then enjoy a night of games, fun & Trunk-or-Treat. Are you brave enough?

MANZANO MESA
MULTIGENERATIONAL CENTER

505-275-8731

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

General Service
Andre Valdez
Arturo Castillo

SPECIAL DATES & ANNOUNCEMENTS

10/6: Fraud & Scams Presentation
10/9: AARP Defensive Driver Class
10/12: CLOSED
10/13: Self Serve Health Kiosk
10/14-10/15: Taxes and Retirement Workshop
10/16: Roadrunner Food bank
10/16: UNM College Of Pharmacy
10/19: Teeniors
10/20: GEHM Clinic
10/20: TRIP Prime Time Expo
10/23: Halloween Fall Festival
10/30: Pet Parade

Accredited by
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.

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- October 19, 2026: Barelás Senior Center
- November :



Coffee with Constituents

North Domingo Baca Multigenerational Center

Thursday, October 22, 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, October 20, 2026

9:00am-12:00pm



**We will be closed Monday,
October 12, 2026
in observance of Indigenous
Peoples Day**

Trip: Prime Time Expo

Tuesday, October 20, 2026

Check-in: 8:00am

Depart: 8:15am

Return: 11:00am



Build a Better You!

Become a Better Speaker and Leader

Open House

Thursday, 29 October 2026

5:30 - 6:30 PM

Room #4

Speak with Distinction (Club #02400132)



October 9, 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



Monday,

October 19, 2026

2:00pm-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

Wednesday, October 14, 2026

Thursday, October 15, 2026

6:00pm-8:30pm

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



Dia De los Muertos



Assist us in setting up an Ofrenda to honor our loved ones. In the month of October bring a photo of someone you have lost and add it to the Ofrenda.

**Candy donations
needed**



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
 28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	 29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	 30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	 1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	 2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
 5 Chicken Fajitas w/ Salsa 3oz Pinto Beans 1pc Flour Tortillas 4oz Hot Sliced Apples 2ea 1% Milk 8oz	 6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	 7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	 8 Mac & Cheese w/ Broccoli 4oz Steamed Cauliflower 1oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 CLOSED 12 INDIGENOUS PEOPLES' DAY	 13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	 14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	 15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	 16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
 19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	 20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	 21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	 22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	 23 New Mexican Grown Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
 26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	 27 Chicken Pot Pie w/ Biscuit 5oz Diced Beets 1ea Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	 28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	 29 Cheese Omelet w/ Spinach 3oz Stewed Tomato 2oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc 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

***All classes subject to change**

*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
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 - 8:00pm
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 - 10:30am
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 - 8:45pm



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 \$
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)





30 Years!

Join us as we celebrate 30
incredible years of the 50+ Expo!
Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!

NEW LOCATION!

8:30AM - 1PM at the

Museum of Natural History & Science

- FREE EVENT -

Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



AND



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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.*

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



ONE
ALBUQUE
RQUE senior affairs

CINEMA WEEK

Monday: 10/26
Monster House



Tuesday: 10/27
Frankenweenie



Wednesday: 10/28
Beetlejuice 2



Thursday: 10/29
Ghostbusters



SPIRIT WEEK

Monday: 10/26
Wear your best
Spooky socks



Tuesday: 10/27
Orange and Black day,
Wear halloween colors

Wednesday: 10/28
Scary hair day



Thursday: 10/29
Dress as a spooky
ghost

Friday: 10/30
Wear your
Halloween Costume



HALLOWEEN

PET PARADE

Join us in the lobby
Friday, October 30th 2026
with your furry
friends to have a
furtastic time!
At 10:00 AM

ONE
ALBUQUE
RQUE senior affairs

MANZANO MESA MULTIGENERATIONAL CENTER
501 Elizabeth Street SE 87123

MOBILE food pantry

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

October 16, 2026 2:00PM- 4:30 PM

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
ALBUQUE
RQUE senior affairs





Community Outreach Day

Friday, October 16 | 9a.m. - 1 p.m.

FREE SERVICES

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE, Albuquerque, NM 87113
(Flu Vaccines, Screenings, Education)

Manzano Mesa Multigenerational Center

501 Elizabeth St SE, Albuquerque, NM 87123
(Flu Vaccines, Screenings, Education)

Barelas Senior Center

714 7th St SW, Albuquerque, NM 87102
(Flu Vaccines, Screenings, Education)

Los Volcanes Senior Center

6500 Los Volcanes NW, Albuquerque, NM 87121
(Flu Vaccines, Screenings, Education)

Healthcare for the Homeless

1217 1st St SW, Albuquerque, NM 87102
(Flu Vaccines Only)

ALL ARE WELCOME!

Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH

9:00 AM - 1:00 PM

MANZANO MESA
MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE
(505) 275-8731



Tin Art



Jewellery



Ceramics



Wood Work



Mixed-Media



Photography & More!



Support Our Senior Artisans!