

September 2025 Newsletter

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers.

If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council. If interested in our Council or any other way to get involved with the City, visit cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application. Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelitas Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration. Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



CENTER HOURS
M-F: 8AM-9PM
SAT: 9AM-3PM
SUN: CLOSED

Center Staff

Center Manager
Brittani Torres

Center Supervisor
Esperanza Molina

Coordinators
Josephine Griego
Suzanne Reyes

Program Assistants
Katherine Jimenez,
Alexia Watson-Gallegos,
Joshua Zuniga

Cook
Leroy Chambers

Kitchen Aid
Maria Dominguez

General Services
Monica Rosales
Leon Mascarenas
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

9/1: CLOSED
9/4: Live music at lunch
9/5: TRIP: DSA Fiestas
9/8: TRIP: State Fair
9/9: Self-Serve Health Kiosk
9/11: Brain Games
9/11: Fall'n Dance
9/15: DSA Advisory Council
9/16: GHEM Clinic
9/16: Live Music at lunch
9/19: Splash Pad Night
9/23: Teeniors
9/25: Tech BINGO
9/26: RoadRunner Food Bank
9/26: AARP Defensive Driving

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

- **September 15, 2025**-Manzano Mesa Multi-Gen, 501 Elizabeth SE, 87123
- **October 20, 2025**-Highland Senior Center, 131 Monroe NE, 87108
- **November 17, 2025**-Barelas Senior Center, 714 7th Street SW, 87102
- **December No Meeting**

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



September 23, 2025

1:00pm-2:00pm
or
2:00pm-3:00pm

One-on-one help with technology

Please sign up at front desk to make a one-on-one appointment!

We will be closed
September 1, 2025 In
Observance of Labor Day

29th Annual PRIME TIME MONTHLY MAGAZINE 50+ EXPO

The Largest Health Fair in New Mexico!

Don't miss... Wednesday, October 8th 2025! 8:30AM - 1PM At Embassy Suites (Lomas & I-25)

- Free Event -

Free Health Information and Screenings • Free Flu Shots
Live Entertainment • Giveaways and Much More!

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Call 505-242-2428 or Visit PrimeTimeNM.com

Brought to you by presenting sponsor: BlueCross BlueShield of New Mexico

Self-Serve Health Kiosk

Regular health checks are essential for ensuring overall wellness. Stay proactive and informed, check out the Self Service Health Kiosk at the front desk. Every 2nd Tuesday of the Month.



Tuesday, September 9, 2025
9:00am-11:00am



September 26, 2025
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



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, September 16, 2025
9:00am-12:00pm

Splash Pad Party

September 19, 2025
6:00pm -8:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1 	2 Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	3 BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	4 Green Chile Vegetable Posole 4oz Carrots 4oz Cornbread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	5 Beef Tips w/ Gravy 3oz Bowtie Pasta 1oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8 Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	9 Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	10 Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	11 Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	12 Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15 Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	16 Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	17 Chili Bowl 4oz Succotash 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 	18 Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	19 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22 Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	23 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	24 Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	25 Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	26 Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



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.

Lunch:

Monday-Friday, 11:30-1:00

Reservations are required the previous day prior to 1:00 pm.

You may call in your reservation or reserve in person. Please arrive for you lunch by 12:30 pm. Menu items subject to change.

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
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
Volleyball 6:15pm - 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
Drawing Class 10:30 - 12:30
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:30pm - 2:30pm
Badminton 6:15pm- 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
Senior Basketball 12:00pm - 1:00pm
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Cricket Training 3:30pm - 6:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Qigong 4:00pm-5:30pm
Yoga: Beginning 5:30pm - 6:30pm \$
Open Basketball 6:30pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm (1st & 3rd Wednesday)
T1D Family Support Group 6:30pm - 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
Tai Chi 9:00am - 10:00am \$
Bible Discussion - 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Artist Corner 1:00pm - 4:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:30am (3rd Thurs)
Tech Thursdays 9:00am - 10:00am (Check with Front Desk)
Selling Bingo Cards: 1:00pm-1:45pm (No exceptions)
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:15pm - 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
Hula Hoop Group 9:00am - 10:00am (check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 12:00pm
Meditation 10:00am - 11:00am
Shuffleboard 11:00am - 2:00pm
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Badminton 2:30pm - 4:30pm (*Canceled on Roadrunner foodbank Day)
Volleyball 6:15pm - 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)
Machine Knitting Group 9:30am - 2:30pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Wise Woman Belly Dance 11:00am-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
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

*All classes subject to change



Barelas Fiesta

Friday, September 5, 2025

Check in: 8:45am

Depart: 9:00 am

Return: 3:00 pm

State Fair

Monday, September 8, 2025

Check in: 8:45am

Depart: 9:00 am

Return: 3:00 pm



PUBLIC HEARING

**PUBLIC COMMENT:
CITY OF ALBUQUERQUE/BERNALILLO COUNTY
AREA AGENCY ON AGING
OLDER AMERICANS PROGRAM
FOR THE PERIOD
JULY 1, 2026 TO JUNE 30, 2030**

The City of Albuquerque/Bernalillo County Area Agency on Aging and the Older Americans Advisory Council will conduct a public hearing regarding the City of Albuquerque/Bernalillo County Older Americans Program. The Older Americans Program provides resources and services for persons age 60 and over and their caregivers in Bernalillo County.

During the hearing, comments will be solicited from senior citizens, their caregivers and other interested individuals and organizations on services to be funded with federal, state and local resources. Discussions will also be held on the City's request to the New Mexico Aging and Long-Term Services Department to implement a waiver for the City to directly provide services funded through the City of Albuquerque/Bernalillo County Older Americans Program Area Plan and permission to implement grab-and-go meals under certain circumstances.

The hearing is scheduled as follows:

**Manzano Mesa Multigenerational Center
501 Elizabeth SE
Albuquerque, NM 87123
Wednesday, September 3, 2025
10:00 a.m. - 11:00 a.m.**

Persons with hearing and/or sight impairment and those who require special assistance to participate in the public hearings, please contact Collette Baldwin at 505-768-2084 or New Mexico Relay Services at 1-800-659-1779 or TTY at 1-800-659-8331.



Come join the Walk 20 A Day walking program in September! Walking 20 minutes a day or more can improve you health. Invite your family and friends to join you! Participants will win prizes

The Gymnasium will be available for walking:

Monday: 11:00am-12:00pm

4:00pm-5:00pm

Tuesday: 12:00pm-1:00pm;

5:00pm-6:00pm

Wednesday: 11:00pm-12:00pm

Thursday: 12:00pm-1:00pm

5:00pm-6:00pm





Ageless Artisan Craft Fair

15 | November
2025

Manzano Mesa
Multigenerational Center
501 Elizabeth St SE, 87123

APPLICATIONS START
SEPTEMBER 1ST
APPLICATIONS DUE BY
SEPTEMBER 30TH

Applications will be available at
at all Senior Centers or
Multigenerational Centers

ONE
ALBUQUE
RQUE senior affairs



Falling for you Fall Dance

September 11, 2025

*1:30pm-3:30pm Bring a cozy
La Raza Sweater, and your
sweet heart*



Mobile Food Pantry

Friday, September 26, 2025

2:00pm - 4:00pm

The mobile food pantry for the community
supplied by Roadrunner Food Bank.
Groceries will be distributed in Social Hall.

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FOOD BANK
OF NEW MEXICO

