September 2022

Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities. Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

• 4,469 hours spent on senior home renovation and maintenance though our home services department.
• 38,944 transportation rides for older adults through our senior transportation services.
• 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
• 293,103 community members that participated in socialization programming though senior meal program sites. Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

Special Dates & Announcements

9/05: CLOSED for Labor Day
9/07: Conference on Aging Watch Party
9/08: Conference on Aging Watch Party
9/12: TRIP: Senior Day at the Fair
9/15: Family Movie Night: The Sandlot
9/22: AFR Fall Prevention Class

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

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.
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:
- NDB Multigenerational Center | Sept 28
- Highland Senior Center | Oct 7
- Manzano Mesa Multigenerational Center | Oct 20
- Los Volcanes Senior Center | Oct 28

44th Annual Conference on Aging Watch Party!

Manzano Mesa and the conference on aging are teaming up to provide a watch party complete with live entertainment featuring Roger Burns 9/7 and La Amistad 9/8. Please join us for workshops that effect you and your loved ones! Visit with front desk staff for more information or to sign up so we know you'll be attending our event and register for the conference:

https://coa.altsd.state.nm.us/node/14227454

Manzano Mesa
September 7th & 8th
8:00am-4:30pm

LIVE MUSIC
FREE BREAKFAST & REFRESHMENTS!
GIVEAWAYS

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

Friday, September 30
1:00pm-4:00pm
Sponsored by:

Blue Cross Blue Shield of N.M. Care Van

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 20
8:30am - 12:00pm

Senior Law Office

Senior Law Office is presenting the in's and out's of Estate Planning. Reserve your spot at the front desk today!

Thursday, September 22
9:00am - 10:00am

Be Brave Fall Prevention

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

Thursday, September 22
10:00am - 11:30am
Upcoming Trips:

**Senior Day at the New Mexico State Fair**

*Monday, September 12*

*Check in: 9:30am*

*Return: 3:30pm*

Sign up at the front desk

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**AARP Driver Safety**

**AARP**

**Driver Safety**

Manzano Mesa will be offering AARP Driver Safety Courses. Starting September 23rd!

**4th Friday of the Month**

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

AARP Members $20, Non-Members $25

Please Sign up at the front desk

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**Toastmasters**

Have fun while improving your speaking & leadership skills at any Speakers with Distinction Toastmasters meeting.

*Thursdays 5:30 pm.*

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**Special Thanks to NM United for celebrating National Senior Citizen Day with us!**

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**Paper Mache Class**

Remember Paper Mache as a kid? Join us for a sophisticated version of making a Paper Mache hot air balloon!

*A 6 week class starting Monday, September 12th*

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

Sign up at the front desk

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**Primetime Expo**

**OCTOBER 11TH 2022**

**8AM TO 1:30PM**

**EMBASSY SUITES**

1000 WOODWARD PL NE,
ABQ, NM 87102 (LOMAS & I-25)

Free Health Screenings, Entertainment and Much More!

Call 505-242-2428 For More Information

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**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 9am - 1pm
Line Dance: Intermediate 9:15am - 11:15am
Pickelball 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
Aerobics 8:15am - 9:15am
Tai Chi 9am - 10am $5.00
Pottery 9am - 1pm
Pickelball Training 9:30am - 11:30am
Open & Senior Men's Basketball 11:30am - 1:00pm
Artists' Corner 1pm - 4pm
Bingo 2pm - 4:00pm
Pickelball 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
Tai Chi 9am - 10am $5.00
Computer Lab 9am - 11:15am
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30am
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
Pickelball 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)
Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)
Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)
**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.
Manano Mesa Presents

OUTDOOR MOVIE Night

THE SANDLOT
START AT 6:45 P.M.
THURSDAY SEPTEMBER 15TH

FRITO PIE

Tickets Available at Front Desk
Bring Your Blankets