

MANZANO MESA  
MULTIGENERATIONAL CENTER  
*September: 2026 Newsletter*

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**  
Vacant  
Suzanne Reyes

**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**

9/1-9/2: Taxes and Retirement Workshop

9/5: Last Day of Splash Pad

9/7: CLOSED for Labor Day

9/8: Self Serve Health Kiosk

9/8: Coffee with a Cop

9/11: AARP Defensive Driver Class

9/11: Grandparents Day Dinner

9/12: TRIP: Walking Group

9/14: TRIP: State Fair

9/15: GEHM Clinic

9/18: Roadrunner Food Bank

9/23: TRIP: Owl Cafe

9/21: Teeniors

Accredited by  
National Institute of  
Senior Centers

● ● ● ● ● **Grandparents Day Dinner**

Friday, September 11, 2026

5:00pm-8:00pm

Limited Spots sign up at the front desk



**Hispanic Heritage Month** ● ● ● ● ●

Thursday, September 24, 2026

Join us for a movie in the  
lobby celebrating  
Hispanic Heritage



● ● ● ● ● **Coffee with a Cop**

Tuesday, September , 2026

Join us for coffee with  
APD during breakfast



**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 21, 2026: North Domingo Baca Multigenerational Center
- October 19, 2026: Barelas Senior Center



## Coffee with Constituents

Los Volcanes Senior Center

Thursday, September 27, 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, September 15, 2026**

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



**We will be closed Monday,  
September 7, 2026  
in observance of Labor day**

## Trip: Owl Cafe

Wednesday, September 23, 2026

Check-in: 10:45am

Depart: 11:00am

Return: 2:00pm

## Trip: State Fair

Monday, September 14, 2026

Check-in: 8:45am

Depart: 9:00am

Return: 2:00pm



**September 11, 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,  
September 21, 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

**Tuesday, September 1, 2026**

**Wednesday, September 2, 2026**

**6:00pm-8:30pm**

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



## Trip: Walking Group

**Saturday, September 12, 2026**

Check-in: 9:00am

Depart: 9:15am

Return: 1:00pm



Join our walking group every 2<sup>nd</sup> Saturday of the month for an enjoyable outing, pleasant walk and a congenial picnic (bring sack lunch & drink).

\*Sign up at the front desk is REQUIRED



| MONDAY                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>31</b><br>Pork Fajitas 4oz<br>Steamed Broccoli 4oz<br>Calabacitas 4oz<br>Tortilla 2ea<br>Orange 4oz<br>1% Milk 8oz                                              |  <b>1</b><br>Chicken Parmesan 5oz<br>Brussel Sprouts 4oz<br>Steamed Carrots 4oz<br>Brownie 1ea<br>1% Milk 8oz                                                              |  <b>2</b><br>Red Chile Beef Enchiladas 4oz<br>Pinto Beans 4oz<br>Spanish Rice 4oz<br>Yogurt 4oz<br>1% Milk 8oz                                                                         |  <b>3</b><br>Elbow Mac & Cheese w/ Broccoli 4oz<br>Spinach/Mushrooms 4oz<br>Wheat Breadstick 1ea<br>Cupped Peaches 4oz<br>1% Milk 8oz                                   |  <b>4</b><br>Meatloaf 4oz<br>Green Beans 4oz<br>Cauliflower 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pear 4oz<br>1% Milk 8oz                                   |
| <b>CLOSED</b> <b>7</b><br>                                                                                                                                          |  <b>8</b><br>Roasted Pork Loin 3oz<br>Brown Gravy 1oz<br>Scalloped Potatoes 1pc<br>Brussel Sprouts 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pears 4oz<br>1% Milk 8oz     |  <b>9</b><br>Teriyaki Chicken 3oz<br>Stir Fry Vegetables 4oz<br>Soy Sauce 1pc<br>Green Beans w/ Mushrooms 4oz<br>Brown Rice 4oz<br>Fortune Cookie 2ea<br>1% Milk 8oz                   |  <b>10</b><br>Pasta Primavera w/ Broccoli & Carrots 4oz<br>Spinach & Chick Peas 4oz<br>Diced Beets 4oz<br>Mandarin Oranges 4oz<br>1% Milk 8oz                           |  <b>11</b><br>Chile Bowl /Beef 3oz<br>Pinto Beans 4oz<br>Red Chile 1oz<br>Calabacitas 4oz<br>Corn Bread 1ea<br>Mixed Berries 8oz<br>1% Milk                      |
|  <b>14</b><br>Meatloaf w/ Gravy 3oz<br>Mashed Potatoes 1oz<br>Sliced Carrots 4oz<br>Dinner Roll 4oz<br>Margarine 1ea<br>Yogurt 1pc<br>1% Milk 4oz<br>8oz            |  <b>15</b><br>Rotisserie Chicken 3oz<br>Brown Rice 4oz<br>Diced Beets 4oz<br>Green Beans w/ Mushrooms 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Grapes 1ea<br>1% Milk 8oz |  <b>16</b><br>Lemon Pepper Pollock 3oz<br>Buttered Noodles 4oz<br>Spinach 4oz<br>Pinto Beans 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Banana 1ea<br>1% Milk 8oz                      |  <b>17</b><br>Southwest Omelet 3oz<br>Peppers w/ Onions 4oz<br>Green Chile 4oz<br>Stewed Tomatoes 4oz<br>Black & Pinto Beans 4oz<br>Peaches 1ea<br>1% Milk 1pc<br>8oz   |  <b>18</b><br>Herb Pork Loin 3oz<br>Gravy 1oz<br>Sautéed Zucchini 4oz<br>Diced Potatoes 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Applesauce 4oz<br>1% Milk 8oz |
|  <b>21</b><br>BBQ Chicken 3oz<br>Corn & Red Peppers 4oz<br>Baked Beans 4oz<br>Cornbread 1ea<br>Yogurt 4oz<br>1% Milk 8oz                                          |  <b>22</b><br>Salisbury Steak 3oz<br>Brown Gravy 1oz<br>Mashed Potatoes 4oz<br>Succotash 4oz<br>Mandarin Oranges 4oz<br>1% Milk 8oz                                      |  <b>23</b><br>Sweet & Sour Pork 3oz<br>Stir Fry Vegetables 1oz<br>Brussel Sprouts 4oz<br>Brown Rice 4oz<br>Dinner Roll 4oz<br>Margarine 8oz<br>Warm Sliced Apples 4oz<br>1% Milk 8oz |  <b>24</b><br>Anti-Inflammatory<br>Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 4oz<br>Pinto Beans 2ea<br>Spanish Rice 4oz<br>Pudding 4oz<br>1% Milk 8oz |  <b>25</b><br>Tuna Noodle Casserole 4oz<br>Normandy Blend 4oz<br>Breadstick 1ea<br>Diced Pears 4oz<br>1% Milk 8oz                                              |
|  <b>28</b><br>Green Chile Chicken 3oz<br>Pozole/Pinto Beans 4oz<br>Peppers & Onions 4oz<br>Calabacitas 4oz<br>Tortilla 2ea<br>Mandarin Oranges 4oz<br>1% Milk 8oz |  <b>29</b><br>Beef Tips 3oz<br>Brown Rice 4oz<br>Normandy Blend 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Warm Apple Slices 4oz<br>1% Milk 8oz                          |  <b>30</b><br>Carne Adovada 3oz<br>Red Chile 2oz<br>Pinto Beans 4oz<br>Spanish Rice 4oz<br>Tortilla 2ea<br>Vanilla Pudding 4oz<br>1% Milk 8oz                                        |  <b>1</b><br>Baked Ziti 4oz<br>Succotash 4oz<br>Garlic Breadstick 1ea<br>Applesauce 4oz<br>1% Milk 8oz                                                                |  <b>2</b><br>Green Chile 4oz<br>Cheeseburger 1ea<br>Diced Potatoes 4oz<br>Steamed Broccoli 4oz<br>Jell-O 4oz<br>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.**

## 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  
 Happy Hookers 1:00pm - 3:00pm  
 Badminton 1:00pm - 3:00pm  
 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  
 Trout Tying Group 5:30pm - 8:30pm (1<sup>st</sup> & 3<sup>rd</sup> Tues)  
 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 (1<sup>st</sup> Wed every other month)  
 Senior Basketball 12:00pm - 1:00pm  
 Pinochle 12:30pm - 4:00pm  
 Badminton 1:00pm - 3:00pm  
 Origami Workshop 1:30pm - 3:00pm (2<sup>nd</sup> Wednesday)  
 Cricket Training 3:30pm - 6:30pm (1<sup>st</sup> & 3<sup>rd</sup> Wednesday)  
 Indian Volleyball 3:30pm - 6:30pm (2<sup>nd</sup> & 4<sup>th</sup> Wednesday)  
 Line Dance: Beg/Improver 1:30pm - 3:30pm  
 Yoga Beginning 5:30pm - 6:30pm \$  
 NM Council of Car Clubs 6:00pm - 8:00pm (4<sup>th</sup> 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)  
 Artist Corner 1:00pm - 4:00pm  
 Bingo 2:00pm - 4:00pm  
 Pickleball 1:00pm - 4:00pm  
 Badminton 6:30pm - 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 (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 (1<sup>st</sup> 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)



YOU HAVE THE POWER TO PREVENT A FALL

# FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM will conduct falls risk screenings including strength and balance tests, foot health, medication review, home safety, vision, and more. Learn how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.

## When

Friday, September 18, 2026  
8:30 am to 12:00 pm

## Where

North Domingo Baca  
Multigenerational Center  
7521 Carmel NE  
Albuquerque, NM 87113



# MOBILE food pantry

Mobile food pantry for the community supplied by Roadrunner Food Bank. Groceries will be distributed in the gym.

September 18, 2026 2:00PM- 4:30 PM  
October 16, 2026 2:00PM- 4:30 PM  
November 20, 2026 2:00PM- 4:30 PM  
December 18, 2026 2:00PM- 4:30 PM

# 30th ANNUAL PRIME TIME 50+ EXPO

Tuesday, October 20th 2026!  
8:30AM - 1PM at the

NEW LOCATION!

Museum of Natural History & Science



# 30 Years!

- FREE EVENT -

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!

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

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