August 2022

Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you’ll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments!
I hope you will join us, as we always look forward to visiting with you.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

Special Dates & Announcements
8/04: Party at the Splash Pad
8/19: National Senior Citizens Day
8/23: Trip to the APD museum

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

Center Staff
Natasha Montoya, Center Manager
David Goode, Center Supervisor
Esperanza Molina, Coordinator
Marissa Gonzales, Office Assistant
Mailiya Williams, Katherine Jimenez
Program Assistant
Angie Marentes, Recreation Assistant
Leroy Chamber, Cook
Maria Dominguez, Kitchen Aid
Brandi Bahe, General Services
Monica Rosales, General Services
Leon Mascarenas, General Services

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 New Mexico Care Van Events

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 10-11am at senior and multigenerational centers. Transportation will be provided. Visit with front desk staff for more information or to sign up and reserve your space today.

Event Dates:
- North Domingo Baca Multigenerational Center | Sept 28
- Highland Senior Center | Oct 7
- Manzano Mesa Multigenerational Center | Oct 20
- Los Volcanes Senior Center | Oct 28

RSVP Advisory Council
Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms. The council meets once a month at the Highland Senior Center.

Call 505-767-5225 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 August 16, 2022
8:30am - 12:00pm

FRIENDSHIP COFFEE

A cup of coffee shared with a friend is happiness had and time well spent.

Monday August 8, 2022
10:30am-11:30am

Sing A Long

Starts
Wednesday August 10th
1:15pm

Share your Talent

BINGO RETURNS

Thursday, August 12th
2:00pm-4:15pm

Shuffleboard..is Back

Tuesday
September 6, 2022
1:00 - 4:00pm
Well, our resident keyboard player, Tal Burdine is here to help!

**Upcoming Trips**

**APD Museum**

Explore the exhibits that have been donated or are on loan from former officers & their families

**Breakfast at Barelas Coffee House**

*At your own expense*

**Tuesday August 23, 2022**

Check In: 8:30am  
Return: 12:30pm  
Sign up at the front desk

**Adult Drawing Class**

_Don't know how to draw?_  
Well, our resident keyboard player, Tal Burdine is here to help!  
This 15 week class will give you the tools and knowledge to be able to improve your drawing skills.

**Interested? See the front desk**

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**Breakfast at Manzano**

_Served 8:00am to 9:00am  
Monday through Friday_

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Full Breakfast</td>
<td>1.50</td>
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<tr>
<td>2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla</td>
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<tr>
<td>Mini Breakfast</td>
<td>.75</td>
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<tr>
<td>1 egg, 1 bacon or sausage, hash browns, english muffin, toast or tortilla</td>
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<tr>
<td>Breakfast Burrito</td>
<td>1.50</td>
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<td>(chile optional)</td>
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<tr>
<td>Daily Specials</td>
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<tr>
<td>Biscuits and Gravy</td>
<td>1.00</td>
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<tr>
<td>Tuesday/Thursday 2 biscuits smothered in gravy</td>
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<tr>
<td>Waffle w/ Fruit</td>
<td>1.50</td>
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<tr>
<td>Wednesdays Waffle topped with fruit and whip</td>
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<tr>
<td>Huevos Rancheros</td>
<td>1.50</td>
</tr>
<tr>
<td>Friday 2 eggs served over corn tortillas, beans, cheese, chile, topped with lettuce, tomatoes &amp; onions</td>
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<tr>
<td>A-la Carte</td>
<td></td>
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<tr>
<td>Egg</td>
<td>.25</td>
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<tr>
<td>2 Pieces of bacon or sausage</td>
<td>.50</td>
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<tr>
<td>Cheese</td>
<td>.25</td>
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<tr>
<td>Pancake</td>
<td>.25</td>
</tr>
<tr>
<td>French Toast</td>
<td>.25</td>
</tr>
<tr>
<td>Egg Muffin Sandwich</td>
<td>1.00</td>
</tr>
<tr>
<td>Toast, Tortilla or English Muffin</td>
<td>.20</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>.30</td>
</tr>
<tr>
<td>Oatmeal w/milk</td>
<td>.70</td>
</tr>
<tr>
<td>Side of Chile (red or green)</td>
<td>.25</td>
</tr>
<tr>
<td>Drinks</td>
<td></td>
</tr>
<tr>
<td>Orange Juice or Milk</td>
<td>.25</td>
</tr>
<tr>
<td>Coffee, Tea or Hot Cocoa</td>
<td>.30</td>
</tr>
</tbody>
</table>

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**Clogging**

_**Is Back!!**_

_**Starts August 12th**_

_Fridays 5:00 - 6:30 PM  
in the Social Hall  
Always FREE to Center members!  
_http://manzanomesacloggers.weebly.com_
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: Beginning will return 8/8/22
Gentle Exercise 9:30am - 10:30am
Friendship Coffee 10:30am - 11:30am (2nd Monday)
*Zumba Gold will return 8/8/22
Happy Hookers 1pm - 3pm
Volleyball 5:30pm - 8pm
Yoga: Hatha Blend 6pm - 7:15pm $5.00
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 8:30am - 11:30am
*Line Dance: Intermediate will return 8/9/22
*Pickleball Training 9:30am - 11:30am
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 will return 8/10/22
Open Basketball 11:30am - 12:30pm
*Starter Line Dancing will return 8/17/22
Pinochle 1pm - 4:30pm
*Line Dance: Beg/Improver will return 8/10/22
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
Flex & Tone 8:15am - 9:15am
*Tai Chi 9am - 10am $5.00
Pottery 9am - 1pm
Computer Lab 9am - 11:15am
*Pickleball Training 9:30am - 11:30am
Open & Senior Men’s Basketball 11:30am - 12:30pm
Artist’s Corner 1pm - 4pm
*Bingo 2pm - 4:00pm
*Pickleball 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
Computer Lab 9am - 11:15am
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30pm
Open & Seniors Men’s Basketball 11am - 12:30pm
Badminton will return 8/12/22
*Line Dancing: Intermediate will return 8/12/22
Volleyball 5:30pm - 7pm
Basketball 7pm - 8:45pm

Saturday
Fitness Room 9am - 2:45pm
Billiards 9am - 2:45pm
Table Tennis 9am - 2:45pm
Pickleball 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)

*Classes will resume the second week of August
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Meatloaf w/ Tomato Gravy</td>
<td>Green Chile Chicken Enchiladas</td>
<td>Philly Cheese Steak Sandwich</td>
<td>Spaghetti w/ Marinara Sauce</td>
<td>Salmon w/ Pineapple</td>
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<tr>
<td>Roasted Red Potatoes</td>
<td>Pinto Beans</td>
<td>Steamed Carrots</td>
<td>Broccoli w/ Red Peppers</td>
<td>Brown Rice Pilaf</td>
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<tr>
<td>Succotash</td>
<td>Calabacitas</td>
<td>Cinnamon Apples</td>
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<td>Diced Beets</td>
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<tr>
<td>Fresh Seasonal Fruit</td>
<td>Mandarin Oranges</td>
<td>Garlic Bread Sticks</td>
<td>Garlic Breadsticks</td>
<td>Seasonal Vegetable</td>
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<tr>
<td>Whole Grain Dinner Roll w/</td>
<td>1% Milk</td>
<td>Yogurt</td>
<td>Honeydew Melon</td>
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<tr>
<td>Margarine</td>
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<td>1% Milk</td>
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<tr>
<td>Sweet and Sour Pork</td>
<td>Cheeseburger w/ Mushrooms</td>
<td>Lime Fish Tacos</td>
<td>Beef Tips w/ Gravy</td>
<td>Chicken Alfredo</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Seasonal Vegetable</td>
<td>Calabacitas</td>
<td>Spinach w/ Onions</td>
<td>Zucchini w/ Red Peppers</td>
</tr>
<tr>
<td>Fajita Blend Veggies</td>
<td>Tater Tots</td>
<td>Steamed Carrots</td>
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</tr>
<tr>
<td>Green Peas</td>
<td>Banana</td>
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<td>Watermelon or Fresh</td>
<td>Fresh Peaches or Fresh</td>
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<tr>
<td>Vanilla Pudding</td>
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<td>Seasonal Fruit</td>
<td>Seasonal Fruit</td>
<td>Seasonal Fruit</td>
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<td>1% Milk</td>
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<td>1% Milk</td>
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<tr>
<td>Ormelet w/ Red Chile</td>
<td>Spaghetti W/ Meatballs</td>
<td>Roasted Pork Loin w/ Brown</td>
<td>Pollock w/ Tartar Sauce</td>
<td>Chicken Salad Sandwich</td>
</tr>
<tr>
<td>Stewed Tomatoes</td>
<td>Green Beans</td>
<td>Gravy</td>
<td>Brown Rice</td>
<td>on Whole Grain Bread</td>
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<tr>
<td>Diced Potatoes</td>
<td>Seasonal Vegetable</td>
<td>Scalloped Potatoes</td>
<td>Seasonal Vegetable</td>
<td>Fresh Cucumber Slices</td>
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<tr>
<td>Whole Grain Biscuit w/</td>
<td>Pineapple</td>
<td>Seasonal Vegetable</td>
<td>Green Peas</td>
<td>Cole Slaw</td>
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<tr>
<td>Margarine</td>
<td>1% Milk</td>
<td>Whole Grain Roll</td>
<td>Fresh Seasonal Fruit</td>
<td>Cantaloupe</td>
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<tr>
<td>Mandarin Oranges</td>
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<td>Pears</td>
<td>1% Milk</td>
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<td>1% Milk</td>
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<tr>
<td>Salisbury Steak w/ Brown</td>
<td>BBQ Pork</td>
<td>Baked Chicken w/ Brown Rice</td>
<td>Spinach Lasagna</td>
<td>Baked Garlic Tilapia</td>
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<td>Gravy</td>
<td>Baked Beans</td>
<td>Rice Pilaf</td>
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<td>Ancient Grain Blend</td>
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<td>Whole Grain Roll</td>
<td>Sweet Potatoes</td>
<td>Summer Squash</td>
<td>Brussels Sprouts</td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>Fresh Seasonal Fruit</td>
<td>Green Beans</td>
<td>Garlic Breadstick</td>
<td>Corn &amp; Bell Peppers</td>
</tr>
<tr>
<td>Roasted Rosemary Potatoes</td>
<td>Broccoli &amp; Red Peppers</td>
<td>Red Grapes</td>
<td>Yogurt</td>
<td>Honeydew Melon</td>
</tr>
<tr>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td></td>
<td>Cookies</td>
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<tr>
<td>Sliced Ham</td>
<td>Beef &amp; Vegetable Stir Fry</td>
<td>Fish &amp; Chips</td>
<td>Chicken Alfredo</td>
<td>Green Chile</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>Buttered Noodles</td>
<td>Steamed Tomatoes</td>
<td>Cheeseburger</td>
<td>Cheeseburger</td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>Fresh Seasonal Fruit</td>
<td>Warm Sliced Apples</td>
<td>Tater Tots</td>
<td>Tater Tots</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Green Beans w/ Mushrooms</td>
<td>Whole Grain Roll</td>
<td>Sliced Tomatoes</td>
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<tr>
<td>Peaches</td>
<td>1% Milk</td>
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<td>Watermelon</td>
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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.
Manzano Mesa Presents
Family
Outdoor
Movie Night

The Sandlot

Thursday
September 15, 2022
6:45pm
Frito Pie & Popcorn will be served

Please bring a blanket