

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



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

Special Dates & Announcements

8/04: Party at the Splash Pad

8/19: National Senior Citizens Day

8/23: Trip to the APD museum



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 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

Sing A Long

Starts

Wednesday August 10th
1:15pm



Share your Talent

BINGO RETURNS

Thursday, August 12th

2:00pm-4:15pm

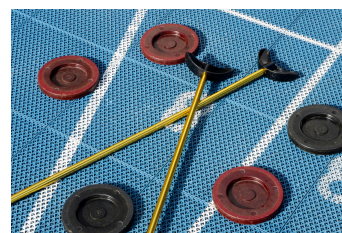


Shuffleboard..is Back

Tuesday

September 6, 2022

1:00 - 4:00pm



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



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!

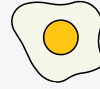
This 15 week class will give you the tools and knowledge to be able to improve your drawing skills.



Interested? See the front desk

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>

BREAKFAST AT MANZANO



Served 8:00am to 9:00am
 Monday through Friday

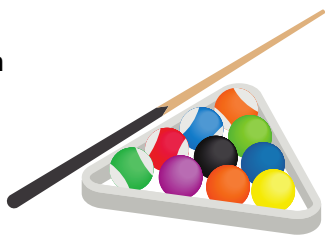


Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, 1 bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito	1.50
(chile optional)	
Daily Specials	
Biscuits and Gravy	1.00
Tuesday/Thursday 2 biscuits smothered in gravy	
Waffle w/ Fruit	1.50
Wednesdays Waffle topped with fruit and whip	
Huevos Rancheros	1.50
Friday 2 eggs served over corn tortillas, beans, cheese, chile, topped with lettuce, tomatoes & onions	
A-la Carte	
Egg.....	.25
2 Pieces of bacon or sausage.....	.50
Cheese.....	.25
Pancake.....	.25
French Toast.....	.25
Egg Muffin Sandwich.....	1.00
Toast, Tortilla or English Muffin.....	.20
Hash Browns.....	.30
Oatmeal w/milk.....	.70
Side of Chile (red or green).....	.25
Drinks	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



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 \$
 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
 *Line Dance: Intermediate will return 8/9/22
 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

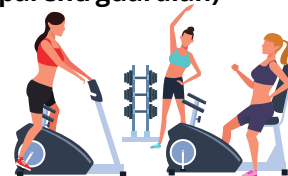
Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Flex & Tone 8:15am - 9:15am
 *Tai Chi 9am - 10am \$5.00
 Pottery 9am - 1pm
 Computer Lab 9am - 11:15am
 *Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 12:30pm
 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

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.

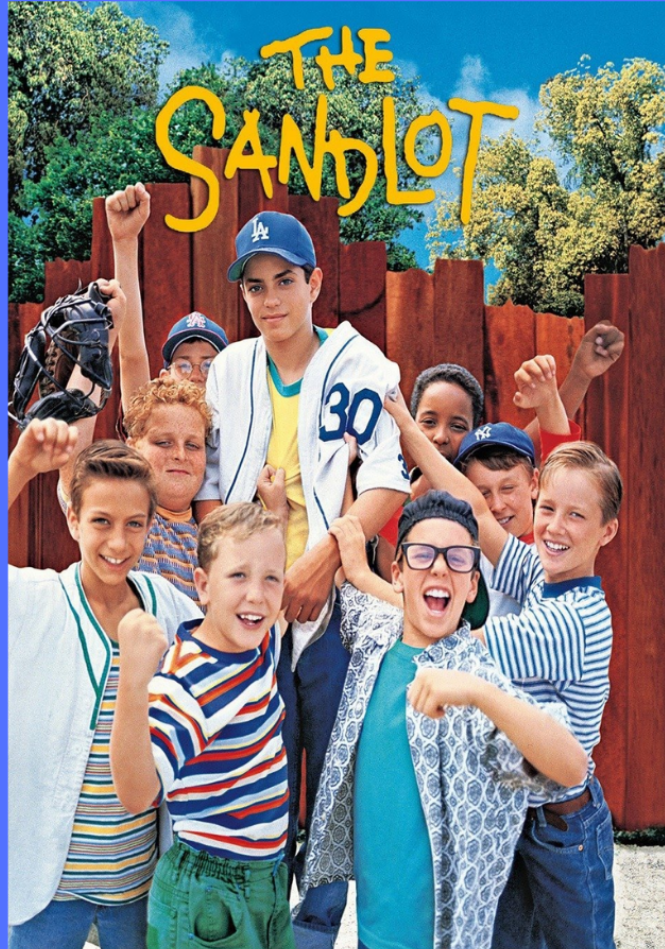


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> ◆ Meatloaf w/ Tomato Gravy ◆ Roasted Red Potatoes ◆ Succotash ◆ Fresh Seasonal Fruit ◆ Whole Grain Dinner Roll w/Margarine ◆ 1% Milk 	<p>2</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Calabacitas ◆ Mandarin Oranges ◆ 1% Milk 	<p>3</p> <ul style="list-style-type: none"> ◆ Philly Cheese Steak Sandwich ◆ Steamed Carrots ◆ Cinnamon Apples ◆ 1% Milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Spaghetti w/ Marinara Sauce ◆ Broccoli w/Red Peppers ◆ Seasonal Vegetable ◆ Garlic Bread Sticks ◆ Yogurt ◆ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Salmon w/ Pineapple ◆ Brown Rice Pilaf ◆ Diced Beets ◆ Seasonal Vegetable ◆ Honeydew Melon ◆ 1% Milk 
<p>8</p> <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Brown Rice ◆ Fajita Blend Veggies ◆ Green Peas ◆ Vanilla Pudding ◆ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ◆ Cheeseburger w/ Mushrooms ◆ Seasonal Vegetable ◆ Tater Tots ◆ Banana ◆ 1% Milk 	<p>10</p> <ul style="list-style-type: none"> ◆ Lime Fish Tacos ◆ Calabacitas ◆ Steamed Carrots ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy ◆ Spinach w/ Onions ◆ Sweet Potatoes ◆ Watermelon or Fresh Seasonal Fruit ◆ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Zucchini w/Red Peppers ◆ Seasonal Vegetable ◆ Fresh Peaches or Fresh Seasonal Fruit ◆ 1% Milk 
<p>15</p> <ul style="list-style-type: none"> ◆ Omelet w/ Red Chile ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit w/ Margarine ◆ Mandarin Oranges ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Spaghetti W/ Meatballs ◆ Green Beans ◆ Seasonal Vegetable ◆ Pineapple ◆ 1% Milk 	<p>17</p> <ul style="list-style-type: none"> ◆ Roasted Pork Loin w/ Brown Gravy ◆ Scalloped Potatoes ◆ Seasonal Vegetable ◆ Whole Grain Roll ◆ Pears ◆ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ◆ Pollock w/ Tartar Sauce ◆ Brown Rice ◆ Seasonal Vegetable ◆ Green Peas ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>CHILLED MEAL 19</p> <ul style="list-style-type: none"> ◆ Chicken Salad Sandwich on Whole Grain Bread ◆ Fresh Cucumber Slices ◆ Cole Slaw ◆ Cantaloupe ◆ 1% Milk 
<p>22</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Brown Gravy ◆ Seasonal Vegetable ◆ Mandarin Oranges ◆ Roasted Rosemary Potatoes ◆ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ◆ BBQ Pork ◆ Baked Beans ◆ Whole Grain Roll ◆ Fresh Seasonal Fruit ◆ Broccoli & Red Peppers ◆ 1% Milk 	<p>24</p> <ul style="list-style-type: none"> ◆ Baked Chicken w/ Brown Rice Pilaf ◆ Sweet Potatoes ◆ Green Beans ◆ Red Grapes ◆ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Seasonal Vegetable ◆ Summer Squash ◆ Garlic Breadstick ◆ Yogurt ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Baked Garlic Tilapia ◆ Ancient Grain Blend ◆ Brussels Sprouts ◆ Corn & Bell Peppers ◆ Honeydew Melon ◆ Cookies ◆ 1% Milk 
<p>29</p> <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Beef & Vegetable Stir Fry ◆ Buttered Noodles ◆ Fresh Seasonal Fruit ◆ Green Beans w/ Mushrooms ◆ 1% Milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ Whole Grain Roll ◆ 1% Milk 	<p>Sept. 1</p> <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Strawberries ◆ 1% Milk 	<p>Sept. 2</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Tater Tots ◆ Sliced Tomatoes ◆ Watermelon ◆ 1% Milk 

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**



*Please bring a
blanket*



**Thursday
September 15, 2022**

6:45pm

**Frito Pie &
Popcorn will be served**

