

January 2022

Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.

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

Brenda Carroll,

Felicia Schwarz

Program Assistant

Angie Martines,

Recreation Assistant

James Dever, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Special Dates & Announcements

**1/17: Dr. Martin Luther King Day -
Center Closed**

1/12: Coffee with the Director Anna Sanchez

1/29: Matanza Trip



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.

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 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 9:30am - 10:30am (2nd Monday)
 Zumba Gold 10:45am - 11:45am
 Happy Hookers 1pm - 3pm
 Volleyball 5pm - 7pm
 Yoga: Hatha Blend 6pm - 7:15pm
 Lions Club 6pm - 7:30pm



Tuesday

NEW Walking Group 8:30am Front Entrance
 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
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 11:30am
 Line Dance: Intermediate 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Line Dance: Intermediate 1:30pm - 3:30pm
 Badminton 6pm - 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 5:30pm - 8:45pm



Thursday

NEW Walking Group 8:30am Front Entrance
 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
 Pottery 9am - 1pm
 Computer Lab 9am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 1:00pm
 Artist's Corner 1pm - 4pm
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Wise Women Belly Dance cancelled for January

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 9:30am - 12pm
 Open & Seniors Men's Basketball 11am - 1pm
 Badminton 1pm - 4pm
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)
 Line Dancing: Intermediate 1:30pm - 3:30pm
 Volleyball 5pm - 7pm
 Kendo Kai 6:30pm - 8:30pm
 Basketball 7pm - 8:45pm

Saturday

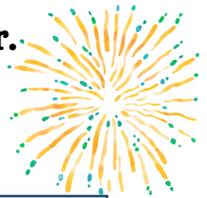
Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 11am
 Project Linus 9am 12pm (2nd Saturday)
 Laughter Yoga 9am - 10am
 Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
 Cherokees of NM 12pm - 2:45pm (3rd Saturday)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)



Manzano Mesa Multigenerational Center Monthly Lunch Menu

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.



January 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <ul style="list-style-type: none"> ◆ Baked Cajun Salmon ◆ Brown Rice ◆ Brussel Sprouts ◆ Dinner Roll/Margarine ◆ Applesauce ◆ 1% Milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Beef Tip w/Bowtie Pasta ◆ Seasonal Vegetable ◆ Breadstick ◆ Yogurt ◆ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Steamed Broccoli ◆ Baked Apples ◆ Mediterranean Mixed Bean Salad ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Omelet with Cheese, Mushrooms and Spinach ◆ Diced Potatoes ◆ Peach Cobbler ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Pork Chop ◆ Brown Rice ◆ Buttery Peas ◆ Seasonal Fruit ◆ 1% Milk 
<p>10</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Mushrooms and Gravy ◆ Mashed Potatoes ◆ Green Beans w/ Tomatoes ◆ Applesauce ◆ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Chicken Alfredo w/ Green Chile ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Seasonal Fruit ◆ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Seasonal Vegetable ◆ Com Bread ◆ Chocolate Chip Cookie ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Diced Red Potato ◆ Collard Greens ◆ Jell-O ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Pork Chop/Sweet & Sour ◆ Brown Rice ◆ Stir Fry ◆ Seasonal Fruit ◆ 1% Milk 
<p>17</p> <p>Closed Holiday Martin Luther King Day</p>	<p>18</p> <ul style="list-style-type: none"> ◆ Sloppy Joe w/ Hamburger Bun ◆ Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Seasonal Vegetable ◆ Flour Tortilla ◆ Vanilla Pudding ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Green Beans w/ Tomatoes ◆ Breadstick ◆ Seasonal Fruit ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Carrots ◆ Broccoli ◆ Seasonal Fruit ◆ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Southern Black-Eyed Peas ◆ Chocolate Chip Cookie ◆ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Came Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Applesauce ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Orzo ◆ Cauliflower ◆ Dinner Roll w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Mac & Cheese w/ Broccoli ◆ Sweet Potatoes ◆ Cherry Cobbler ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Chicken Parnesan w/ Marinara and Cheese ◆ Brown Rice ◆ Steamed Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 
<p>31</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 				

Please join us Monday-Friday 8:00am-9:00am for breakfast.

FREE Digital Literacy Classes

Fact vs. Fiction: What's Real on the Internet

Whether you're looking at a website, a photo, a video, or a news story, what really matters is whether or not it is trustworthy. Learn how to spot unreliable sources, fake pages and profiles to avoid sharing misinformation

Tuesday, January 11th

10:00 am - Noon

Sign up at the front Desk



Join Us on a Trip



Saturday, January 29, 2022

Check in: 8:00am

Return: 2:30pm

For more information and to sign up please go to the front desk

Friendship Coffee



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

2nd Monday 9:30am-10:30am

January 13, 2022

This month sponsor

CaptionCall

COFFEE WITH THE DIRECTOR OF SENIOR AFFAIRS

Anna Sanchez



WEDNESDAY JANUARY 12, 2022

9:00 AM - 10:00 AM

GEHM Clinic

Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure, pulse, oxygen saturation, height, weight, and blood glucose levels, and referrals are made as indicated.

3rd Tuesday of the Month

Tuesday, January 18, 2022

8:30am - 12:00pm



Let Us Pick You Up!



Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.