

May 2023

Hello and Happy Spring!

The month of May is an exciting time, it is Older Americans Month. The staff at Manzano Mesa would like to thank all of our amazing Older Americans who continue to share and build the knowledge of the younger generation with a car show and floats! We would also like to celebrate all the wonderful women in our hearts for Mother's day! Asian American and Pacific Islander Heritage Month will also be celebrated during the month of May.

Lastly, please take a moment this month to remember all who have served in the Armed Forces for Memorial Day.

In the month of May Manzano Mesa is gearing up for the 2023 Youth Summer program. Regular scheduled activities and classes may be postponed or adjusted to accommodate the youth program. There will be signage posted on all of the rooms with modified summer schedules. Thank you for your patience and continued support of our youth program.

Have an amazing month of May and enjoy the warmer weather!

Center Hours

M-F: 8a-9p Sat: 9a-3p

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates & Announcements

5/1-5/5: Cinema Week

5/5: Cinco De Mayo

5/6: State of the City

5/10: Senior I Know

45/11: Lunch W/A COP

5/15: Mother's Day

5/17: TRIP-Harvey House

5/26: Older American Celebration

5/29: Memorial Day-CENTER CLOSED

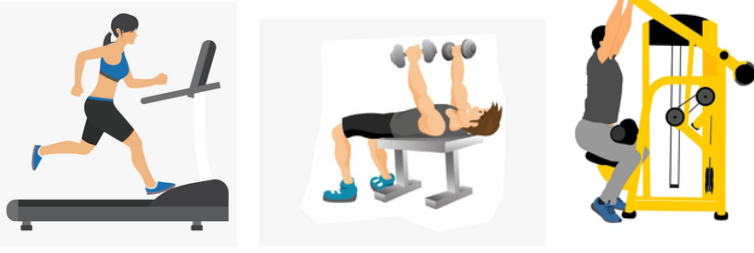
5/31 Senior Health and Fitness Day at North Domingo Baca

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.

Fitness Equipment Orientation Spring into Fitness

Need help learning to use the fitness equipment properly?
Call 505-275-8731 to schedule your appointment with Angie!



Monthly Birthday Party!

Celebrate your birthday with a slice of cake on us!!

Tuesday, May 23

11:30am - 12:30pm

Sponsored by



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, May 16
9:00am-1:00p



**ASIAN
AMERICAN**
**AND PACIFIC
ISLANDER**
HERITAGE MONTH

AARP
Driver Safety

Class:
May 26

4th Friday of the Month
1:00pm - 5:00pm

AARP Members \$20
Non-Members \$25

Pymt: Cash/Check to Instructor in class
Bring Driver's License &
AARP membership Card (if Member)



Sign up at the Front Desk

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.

Monday, May 22
9:00am-12:00pm

Sponsored by:



Harvey House & Pete's Mexican

Wednesday, May 17

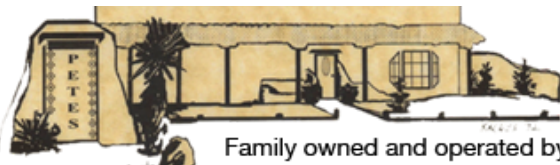
Check in: 9:45am

Depart: 10:00am

Return: 3:30pm

**Sign up at the
front desk**

lunch at own expense



Family owned and operated by the Torres Family

SAVE THE DATE

Senior Health and Fitness

Day

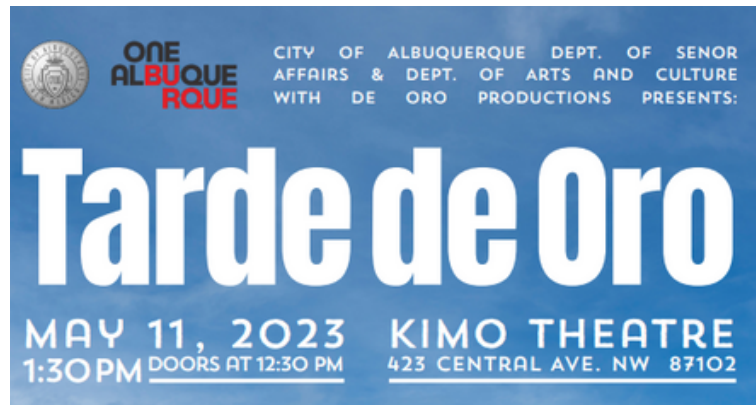
Please join DSA in the 2nd Annual Senior Health and Fitness Day. Enjoy a day of fitness demonstrations, obstacle courses, vendors and healthy refreshments.

When: May 31, 2023 10:30am

Where: North Domingo Baca

Time: 9:00am-12:00pm

**Transportation will be provided please sign up
at front desk**



ONE ALBUQUERQUE CITY OF ALBUQUERQUE DEPT. OF SENIOR AFFAIRS & DEPT. OF ARTS AND CULTURE WITH DE ORO PRODUCTIONS PRESENTS:

Tarde de Oro

MAY 11, 2023 KIMO THEATRE
1:30 PM DOORS AT 12:30 PM 423 CENTRAL AVE. NW 87102

LIMITED SPOTS

SIGN UP AT THE FRONT DESK

Check in: 11:45 am

Depart: 12:00 pm

Return: 3:30pm

SANTA FE NATIONAL CEMETARY



May 17th & June 17th

LIMITED SPOTS

SIGN UP AT THE FRONT DESK

Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

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
Line Dance 6:00pm - 8:00pm
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 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Shuffle Board 1:00pm - 4:00pm
Sing-a-Long 1:30pm - 2:30pm
Line Dance: Intermediate 1:30pm - 3:30pm
Badminton 5:30pm - 8:45pm
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 - 1:00pm
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
Flex & Tone 8:15am - 9:15am
Tai Chi 9am - 10am \$5.00
Pottery 9am - 1pm
Pickleball Training 9:30am - 11:30am
Open & Senior Men's Basketball 11:30am - 1:00pm
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

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 - 1:00pm
Badminton 1:00pm - 4:00pm
Clogging: Starter to Intermediate 5:00pm - 7:30pm
Volleyball 5:30pm - 7pm
Basketball 7:15pm - 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 (1st Saturday)
Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

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
1 ♦ Bake Ziti w/ Spinach ♦ Green Beans ♦ Garlic Breadstick ♦ Diced Peaches ♦ 1% Milk 	2 ♦ Salmon w/Garlic Butter Sauce ♦ Steamed Carrots ♦ Seasoned Orzo ♦ Banana ♦ 1% Milk 	3 ♦ Beef/Broccoli/Pepper/Onions ♦ Stir Fry Vegetable ♦ Brown Rice ♦ Seasonal Fruit ♦ 1% Milk 	4 ♦ Chicken Salad ♦ Baked Potato Chips ♦ Coleslaw ♦ Sliced Wheat Bread ♦ Grapes ♦ 1% Milk 	5 ♦ Carne Adovada: Diced Pork/Red Chile ♦ Roasted Street Corn ♦ Pinto Beans ♦ Flour Tortilla ♦ Tapioca Pudding ♦ 1% Milk 
8 ♦ Baked Lemon Pepper Chicken ♦ Brown Rice ♦ Seasoned Beets ♦ Cantaloupe ♦ 1% Milk 	9 ♦ Diced Beef/Green Chile ♦ Calabacitas ♦ Pinto Beans ♦ Flout Tortilla ♦ Pear ♦ 1% Milk 	10 ♦ Sweet and Sour Pork ♦ Noodles ♦ Oriental Blend ♦ Orange ♦ 1% Milk 	11 ♦ Tilapia w/Cajun Buttered Sauce ♦ Seasonal Potatoes ♦ Roasted Brussels Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	12 ♦ Sliced Turkey w/Gravy ♦ Cranberry Cornbread Stuffing ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk 
15 ♦ Baked Cod w/Tarter Sauce ♦ Ancient Grains ♦ Steamed Green Peas ♦ Diced Peaches ♦ 1% Milk 	16 ♦ Green Chile Chicken Alfredo w/Pasta ♦ Normandy Blend ♦ Whole Grain Dinner Roll w/Margarine ♦ Seasonal Fruit ♦ 1% Milk 	17 ♦ Salisbury Steak w/Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetables ♦ Fresh Seasonal Fruit ♦ 1% Milk 	18 ♦ Eggs Salad Sandwich ♦ Carrot Raisin Salad ♦ Watermelon ♦ Sliced Wheat Bread ♦ 1% Milk 	19 ♦ BBQ Pulled Pork ♦ Macaroni and Cheese ♦ Spinach w/Diced Tomatoes & Onions ♦ Grapes ♦ 1% Milk 
22 ♦ Swedish Meatballs w/Gravy ♦ Brown Rice ♦ Garlic Brussel Sprout ♦ Blueberries ♦ 1% Milk 	23 ♦ Baked Garlic Tilapia ♦ Mashed Sweet Potatoes ♦ Seasoned Vegetables ♦ Yogurt ♦ 1% Milk 	24 ♦ Bean/Cheese Burrito ♦ Diced Potatoes w/Onions ♦ Spinach ♦ Applesauce ♦ 1% Milk 	25 ♦ Chicken Tetrizzini ♦ Green Peas ♦ Garlic Breadstick ♦ Mixed Fruit ♦ 1% Milk 	26 ♦ Roast Beef/Sliced Cheese/Hoagie ♦ Lettuce/Tomatoes ♦ Potato Salad ♦ Watermelon ♦ 1% Milk 
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk 	31 ♦ Soft Tacos Beef/Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salas ♦ 1% Milk 	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk 	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 505-275-8731 to make your reservation by 1:00pm the day prior.

CAREGIVERS TOOLBOX

Workshops to provide family caregivers with the skills to prepare for the journey ahead.



Wednesdays
6:00pm - 7:30pm
March 1st - June 28th

- Caregiver Self Care
- Community Resources
- Understanding and Addressing Difficult Behavior
- Dementia 101
- Advance planning

Join Us! No pre-registration required.
For more information contact:
erin@familycaregivernm.org
(505)494-4021

YOUTH SUMMER PROGRAM

June 12th-July 28
7:30am-5:30pm

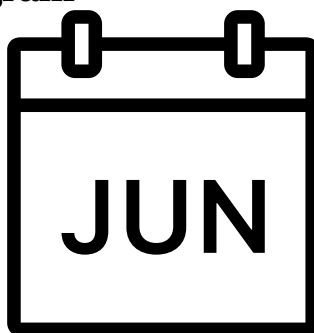
- Educational activities
- Entertaining activities
- Field trips
- Engaging staff



Lottery registration
May 1st-May 12th
Go to play.cabq.gov to register

Coming Soon

- 6/12: First Day of Youth Summer Program
- 6/16: Father's Day
- 6/16: Family Ice Cream and Paint
- 6/19: Juneteenth-Center Closed
- 6/21: Family Movie Night



May 10th the
gymnasium will be
closed for A Senior I
Know

**SORRY
WE'RE
CLOSED**

May 29th the center will
be closed for Memorial
Day