

November 2023

Friendsgiving BINGO

Join us for a fun evening of
bingo and holiday themed
prizes!



NOVEMBER 7, 2023
6:00PM - 8:00PM

sign up at front desk or call (505)275-8731

Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Josephine Griego, Coordinator

VACANT - Office Assistant

Katherine Jimenez, &

Alexia Watson-Gallegos

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates & Announcements

11/1: TRIP - Cracker Barrel

11/5: Daylight Savings Time

11/7: Friendsgiving Bingo

11/7: Election Day

11/8: Movie Day in the Lobby - Forrest Gump

11/9: Lunch W/A Cop

11/10: CLOSED - Veterans Day

11/13: Veterans Dance

11/14: Friendship Coffee

11/15: TRIP - Indian Pueblo Kitchen

11/20: Advisory Council Meeting

11/21: TRIP - Church St. Cafe

11/21: GEHM Clinic

11/23: CLOSED - Thanksgiving

11/24: CLOSED - Thanksgiving

11/28: Friendship Coffee

11/29: TRIP - Trifecta Coffee Company

11/29: Shot Clinic

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.

CLOSED

PLEASE COME AGAIN

Manzano Mesa will be closed on the following days in November:
Veterans Day

Friday, November 10, 2023

Thanksgiving Holiday

Thursday, November 23

and Friday, November 24



REIKI

Reiki is an energy healing technique in which uses gentle hand movements with the intention to guide the flow of healthy energy through the client's body to reduce stress and promote healing.

Every Friday

9:00am-11:00am



Conference on Aging



The New Mexico Conference on Aging offers older adults, caregivers, and the specialists who work with them a chance to learn, have fun, and unite. Programs promote independence, dignity, support, and access to community services and resources throughout the state.

CONFERENCE • Monday & Tuesday, November 13-14
National Hispanic Cultural Center
1701 4th Street SW, Albuquerque

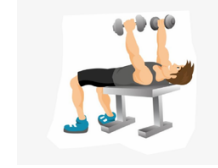
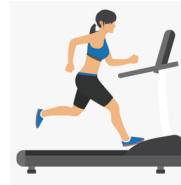
Check in: 8:30am
Depart: 8:45am
Return: 5:00pm

Sign up at the front desk

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!



Department of Senior Affairs

Advisory Council

Help promote, advocate, and support the senior community

2023 Meeting Schedule

November 20: Manzano Mesa
Multigenerational Center – 501 Elizabeth St
SE, 87123

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, November 21

9:00am-1:00pm



Cracker Barrel

November 2nd

Check in: 10:45pm

Depart: 11:00pm

Return: 1:00pm



OLD COUNTRY STORE

lunch at own expense
Sign up at the front desk

Indian Pueblo

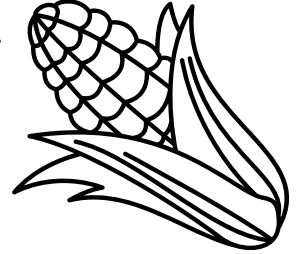
Cultural Center

November 15th

Check in: 9:00am

Depart: 9:15am

Return: 2:00pm



lunch at own expense
Sign up at the front desk

Church Street Cafe

November 21st



Check in: 7:00am

Depart: 7:15am

Return: 11:00am

lunch at own expense
Sign up at the front desk

Trifecta Coffee Company

November 29th



Check in: 9:30am

Depart: 9:45am

Return: 11:30am

Sign up at the front desk

PLEASE JOIN US FOR A

Thanksgiving

LUNCHEON

November 23rd | 11am-1pm



HOSTED BY BEAR CANYON SENIOR CENTER

Tickets are \$4 per person. Space is limited, please reserve your ticket in person at Bear Canyon Senior Center beginning November 1, 2023

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 becoming more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, or participate in a service project. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

Monday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Line Dance: 9:15am - 11:15am
Gentle Exercise 9:30am - 10:30am
Zumba Gold 10:45am - 11:45am \$
Mah Jong 11:00am - 2:30pm
Happy Hookers 1:00pm - 3:00pm
Volleyball 5:30pm - 8:30pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am
Flex & Tone 8:15am - 9:15am
Pottery 8:30am - 12:00am
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
Shuffle Board 1:00pm - 4:00pm
Sing-a-Long 1:30pm - 2:30pm
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 8:00am - 8:45 pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
Meditation Group 10:00am - 11:00am
Zumba Gold 10:45am - 11:45am \$
Open Basketball 11:30am - 12:30pm
Starter Line Dancing 9:30am - 10:30am
Pinochle 1:00pm - 4:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga: Beginning 6:00pm - 7:00pm \$
Senior Men's Basketball 6:00pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)



Thursday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Computer Lab 8:00am - 8:45pm
Flex & Tone 8:15am - 9:15am
Tai Chi 9:00am - 10:00am
Pottery 8:30am - 12:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Mental Health Support Group 9:00am - 10:30am
Pickleball Training 9:30am - 11:30am
Open & Senior Men's Basketball 11:30am - 12:30pm
Artist's Corner 1:00pm - 4:00pm
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 5:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
Belly Dance 6:00pm - 8:00pm

Friday

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 3:00pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30am
Reiki 9:00am - 11:00am
Open & Seniors Men's Basketball 11:00am - 12:00pm
Badminton 1:00pm - 4:00pm
Clogging: Starter to Intermediate 6:00pm - 8:30pm
Volleyball 5:30pm - 7:00pm
Basketball 7:15pm - 8:45pm



























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 12:00pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Magic Club 12:00pm - 3:00pm (3rd Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)
Belly Dance 10:00am - 12:00pm (1st Saturday of the Month)

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
30 ♦ Pork Loin w/gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Pear ♦ 1% milk 	31 ♦ Mummy loaf in swamp water (Meatloaf w/gravy) ♦ Mashed potatoes ♦ Sliced carrots ♦ Jell-O ♦ 1% milk 	1 ♦ Breaded chicken patty w/green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Apple slices w/peanut butter cup ♦ 1% milk 	2 ♦ Pot roast w/potato, celery, carrots ♦ Italian blend ♦ Ancient grain ♦ Mandarin oranges ♦ 1% milk 	3 ♦ Omelet w/mushrooms, spinach ♦ Hash browns ♦ Vegetable blend ♦ Yogurt ♦ 1% milk 
6 ♦ Pork loin w/gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Diced pears ♦ 1% milk 	7 ♦ Ham mac & cheese ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ 1% milk 	8 ♦ Breaded chicken patty w/green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Red apple ♦ 1% milk 	9 ♦ Pot roast, potato, celery, carrots ♦ Italian blend vegetables ♦ Ancient grain ♦ Orange ♦ 1% milk 	10 CLOSED 
13 ♦ Steak fingers w/white gravy ♦ Red potatoes ♦ Succotash ♦ Sugar cookie ♦ 1% milk 	14 ♦ Ham w/ pineapple glaze ♦ Biscuit w/ margarine ♦ Sweet potato ♦ Mixed fruit ♦ 1% milk 	15 ♦ Meatball sub sandwich w/ mozzarella ♦ Steak fries w/ ketchup ♦ Normandy blend ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Omelet w/ mushrooms & spinach ♦ Hash browns ♦ Stewed tomatoes ♦ yogurt ♦ 1% milk 	17 ♦ Green chile chicken enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Vanilla pudding ♦ 1% milk 
20 ♦ Cajun salmon ♦ Fettuccine alfredo ♦ Baby carrots ♦ Granny smith apple ♦ 1% milk 	21 ♦ Beef w/peppers & onions ♦ Black beans ♦ Imperial blend vegetables ♦ Banana ♦ 1% milk 	22 ♦ Herb roasted turkey w/gravy ♦ Stuffing w/ gravy ♦ Green bean casserole ♦ Dinner roll ♦ Pumpkin cake ♦ 1% milk 	23 CLOSED 	
27 ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	28 ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	29 ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	30 ♦ Pasta primavera w/alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	1 ♦ Breaded cod fish w/tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 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.



Holiday Dinner

Join us in kicking off the holiday season to trim the Manzano Christmas tree!
Friday, December 1st
10:00am-12:00pm



ONE ALBUQUERQUE senior affairs

AGELESS ARTISAN CRAFT FAIR

November 18, 2023
9 AM - 1 PM

North Domingo Baca
Multigenerational
Center
7521 Carmel NE 87113

Just in time for holiday shopping!
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, woodwork, ceramics, photography, mixed media, jewelry, and much more!

Arts & Crafts | Food Trucks | Live Music

Want to sell your works at the fair?
Please visit the front desk at any City of Albuquerque senior or multigenerational center to pick up an application.
Application submission deadline is October 16, 2023.

Mark Your End-of-Year To-Do List! Take the Department of Senior Affairs New Annual Survey!

The Department of Senior Affairs is launching a new annual survey this December and we want your feedback. The survey evaluates several of the department's programs, like: Meals, Transportation, Senior & Multigenerational Center Facilities, Fitness Center Facilities, Meal Site Facilities, Home Delivered Meals, Field Trips, Classes, and more.

Paper surveys will be available at center front desks starting next month. Look out for posters and flyers at your center with more information. The survey should take about 5-15 minutes to complete, depending on how many programs and services you use. The Department of Senior Affairs is proud to serve you and we look forward to your participation in our annual survey and hearing your feedback.

