

501 Elizabeth, Albuquerque NM

505.275.8731

M-F 8-9pm & Sat 9-3pm

August 2021

Hello,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well. Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



FAMILY


GAME NIGHT

MANZANO MESA
MULTIGENERATIONAL
CENTER



AUGUST 26
5:30-
7:30PM

**FOOD
FUN &
GIANT
GAMES**

501 ELIZABETH SE

Classes, Clubs & Groups

ABQ Astronomical Society

Room 3
1st & 3rd Wednesday
7:00—8:45 pm



Bead Class

Room 3
Monday 8:30 am—12:00 pm

Bible Discussion Group

Room 4
Thursday 10:00—11:00 am

Cherokees of NM

Room 4
3rd Sat. of Month
12:00-3:00pm

Escribiente Calligraphy Society

Room 5
3rd Saturday 1:00—3:00 pm

Happy Hookers Crochet Club

1:00-3:00pm
Room 4



Libros

Room 3
1st Saturday 9:00 am - 1:00 pm

Pinochle

Room 4
Wednesday 12:30-4:00pm

Pottery

Room 3
Tuesday & Thursday
9:00 am—1:00pm



Project Linus- Islotte Covers

Room 4
4th Friday 1:00—4:00 pm

Project Linus

Social Hall
2nd Saturday 9:00 am—12:00 pm

Red Hat Sisters

Room 5
3rd Thursday 10:00—11:00 am

Speak with Disinction:

Toastmasters
Room 4
Thursday 5:30pm-7:00pm

T.O.P.S. #216

Room 4
Friday 9:30- 12:00pm

Woodcarving

Room3
Wednesday 8:00-11:30am

Dance Classes

Line Dance (G.Smith)

Social Hall
Beg. Monday 9:15—11:15 am
Int. Tuesday 9:15—11:15 am
Starting 8/9



Line Dance Improver/Intermediate Social Hall East (J. Hendrix)

Tuesday, 1:30—3:30 pm

Line Dance Starter (P.Fox)

Social Hall
Wednesday 1:30—3:30 pm

Line Dance Beginner/Improver

Social Hall East (B.H.)
Wednesday 1:30—3:30 pm

Line Dance Intermediate

Social Hall (B.H.)
Friday 1:30—3:30 pm

Wise Women Belly Dance

East Social Hall
Thursday 6:15 –7:15 pm
\$5.00 1st hr/ \$35.00 for 4
Instructor: Amaya



Fitness and Special Events

Yoga

Hatha Blend \$7 per class

East Social Hall

Monday 6:00-7:00pm

Beginning \$7 per class

East Social Hall

Wednesday 4:45-6:00pm

Laughter Yoga

Room 3

Saturday 9:00-10:00am

Yoga

Room 4

Wednesday 10:10-11:10am



Fitness Classes

Functional Fitness

Tuesday Room 5

6:30—7:30 pm

Personal Defense Club

Tuesday Room 5

7:30—8:45 pm

Zumba Gold

Monday & Wednesday W.Gym

10:45-11:45pm (9/9)

Fitness 16+ Years of Age

Martial Arts - Kendo Kai

Instructor: Davis Begay

Social Hall East

Friday 6:30-8:30pm

Tai Chi

Instructor: Curtis Hardison

Tuesday & Thursday

9:00-10:30am

\$5 per class

Basketball

Wednesday, 11:00am-12:30pm

Wednesday,55+ 5:30-8:45 pm

Thursday, 11:30am-1:00pm

Friday, 7:00-8:45pm

OTHER HAPPENINGS

Health Fair

A convention of free health
booths

Sponsored by: Presbyterian

**Get your flu shot while your
here!**

August 26th

9:00am - 11:00am



Basketball

East Social Hall

Wednesday, 11:00am-12:30pm

Wednesday,55+ 5:30-8:45 pm

Thursday, 11:30am-1:00pm

Friday, 7:00-8:45pm

Badminton

Monday, 1:30—4:00 pm

August 9th

Tuesday, 6:00—8:45 pm

Thursday, 5:30—8:45 pm

Friday, 1:00—4:00 pm/Aug. 13th

Pickle Ball

Tuesday & Thursday

9:30-11:30am

Volleyball (Open)

Monday & Friday

5:00-7:00pm

Friendship Coffee



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

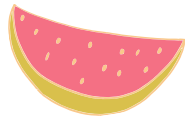
Tuesday, August 10th.

9:30am-10:30p.m.

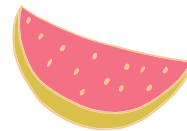
Manzano Mesa Monthly Lunch Menu

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

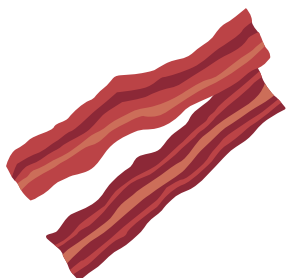
Please call 275-8731 to make your reservation by 1:00pm the day prior.



August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Meatloaf w/Tomato Gravy Roasted Red Potatoes Cupped fruit	3. Philly Cheese Steak Macaroni Salad Green beans Hoogie Bun	4. Green Chili Chicken Enchilada Pinto Beans Spanish Rice Orange	5. 5 Cheese Tortellini w/marinara Garlic bread Broccoli	6. Hawaiian Salmon w/Pineapple Rice Pilaf Diced Beets
9. Sweet & Sour pork Orzo w/Fajita blend Green Peas	10. Cheeseburger w/Mushrooms Pinto Beans Fries Banana	11. Lime Fish Tacos Calabacitas Tortilla Cherry Cobbler	12. Beef Tips w/Gravy Spinach Sweet Potato Applesauce	13. Chicken Alfredo Normandy Bread Garlic Bread Watermelon
16. Omelet w/Red Chile Stewed tomatoes Tater Tots Cookie	17. Spaghetti w/ Meat Sauce Green beans Garlic bread Cantaloupe	18. Pork Chop w/Brown gravy Scalloped Potatoes Green beans	19. Pollock Fish Mac & Cheese Green Beans Pears	20. Chicken Stir Fry White Rice Baby Carrots Pineapple
23. Salisbury Steak w/Brown gravy Rosemary Potatoes	24. BBQ Pork Buttered Corn Broccoli/Red Peppers Cookie	25. Baked Chicken Sweet Potatoes Green Beans Yogurt	26. Spinach Lasagna Fajita Blend Garlic Bread Orange	27. Beef Stew Buttered Cabbage Crackers Peach Cobbler 1% Milk
30. Sliced Ham Corn Bread Pinto Beans Collard Greens Peaches	31. Asian Beef Stir Fry Buttered Noodles Garlic Breadstick Pineapple	1. Fish & Chips Stewed Tomatoes Sliced Apples 1% Milk	2. Chicken Alfredo Green Beans Garlic Breadstick Stawberries 1% Milk	3. Cheeseburger Tater Tots Pear 1% Milk



Breakfast Is back!

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

