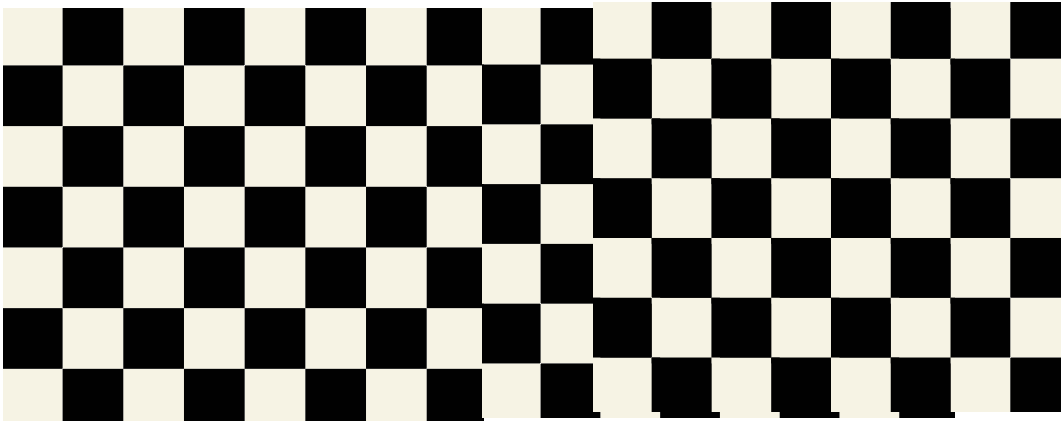
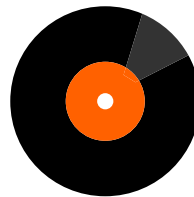
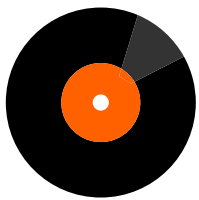


Senior Homecoming Sock Hop



August 21, 2024
1:30pm-3:30pm

The King and Queen
invite you to join us
for food, drinks, and
dancing!!!



Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

Esperanza Molina, Center Supervisor

Vacant, Coordinator

Josephine Griego, Coordinator

Ann Poydack, Office Assistant

Katherine Jimenez,

Alexia Watson-Gallegos,

Vacant

Program Assistants

Vacant,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Andre Valdez, General Services

Special Dates & Announcements

8/2: End of Summer Splash Pad Party

8/7: TRIP: Route 66 Diner Restaurant

8/9: Open House

8/14: TRIP: Cold Stone Ice Cream

8/16: Family Movie Night

8/20: GHEM Clinic

8/21: Senior Homecoming Dance

8/22: TRIP: ABQ Trolley Tour

8/23: Movie in the Lobby

8/27: Tech BINGO Tuesday

8/28: TRIP: Santa Fe Rail Runner

8/29: Beyond Walls Tech Thursday

8/30: AARP Defensive Driving

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.

**Manzano Mesa will be closed
September 2, 2024 in
observance of Labor Day**



**Aerobics will be cancelled
August 19th-September 6th. It
will resume September 9th.**



Palo Duro Senior Center
*Golden Jubilee
Dinner Dance*
Featuring:
Gonzalo



Wednesday,
August 14
4:00 - 7:00 pm
\$5

Tickets go on Sale July 17th.
Only sold from 9 - 11 am and 1 - 3 pm



August 30, 2024

1:00pm-5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK

Pyemt: Cash/check to instructor in class

Bring Drivers License & AAARP Membership Card



**Beyond Walls
Tech Thursday**



Join us every last Thursday of the Month for Tech Thursday, classes provided by the Beyond Walls Program.

Thursday, August 29, 2024

10:00am-11:00pm

Sign up at the front desk



Tech Bingo Tuesday

Join us every last Tuesday of the Month for Bingo Tuesdays, Bingo provided by the Beyond Walls Program.

Tuesday, August 27, 2024

10:00am-11:00am

Winners get a \$10.00 Gift Card Mailed to the center!

SIGN UP AT THE FRONT DESK



Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 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 20, 2024

9:00am-12:00pm

Movie in the Lobby

Friday, August 23, 2024

10:00am

Grease



Sign up at the front desk

Route 66 Diner

Restaurant

Wednesday, August 7, 2024

Check in: 11:00am

Depart: 11:15am

Return: 1:00pm

Sign up at the front desk



At own expense

ABQ Trolley Trip

Thursday, August 22, 2024

Check in: 8:45am At own expense

Depart: 9:00am Sign up at the

Return: 1:00pm front desk



Albuquerque Tourism & Sightseeing Factory

The best first things to do in Albuquerque™

Cold Stone Creamery

Wednesday, August 14, 2024

Check in: 12:45pm

Depart: 1:00pm

Return: 2:30pm



At own expense Sign up at the front desk

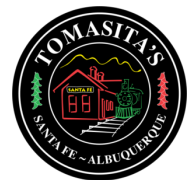
Santa Fe Rail Runner/Tomasitas

Wednesday, August 28, 2024

Check in: 8:45 am At own expense

Depart: 9:00 am Sign up at the

Return: 3:00 pm front desk

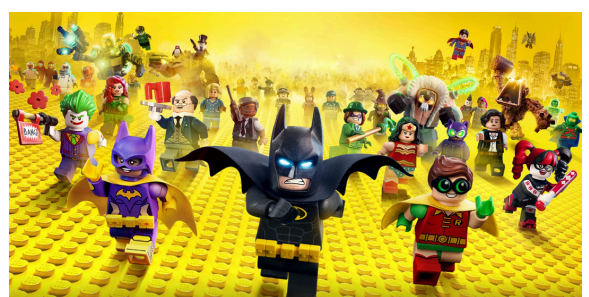


Family Movie Night

Friday, August 16, 2024

5:30pm - 7:30pm


























Sign up at the front desk



August 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/ tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5 ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk 
19 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/ mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 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.**

Manzano Calendar & Events

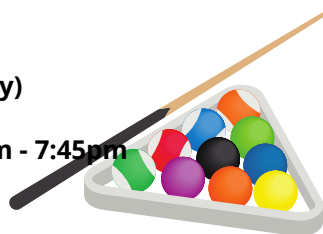
Monday *All regular programming will resume

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



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Friendship Coffee 9:00am - 12:00pm
Quilting (2nd Tuesday)
Mah Jong 1:00pm - 4:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:30pm-2:30pm (1st Tuesday)
Badminton 6:30pm - 8:30pm
Clogging: Starter to Intermediate 6:00pm - 7:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:00pm - 8:00pm
Personal Defense Club 7:30pm - 8:30pm



Wednesday

Fitness Room 8:00am - 8:45 pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am-9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
Line Dance: Starter 9:30am - 10:30 am
Meditation Group 10:00am - 11:00am
Zumba Gold 11:30am - 12:30am \$
Open Basketball 12:00am - 1:30pm
Pinochle 1:00pm - 4:00pm
Badminton 1:30pm - 3:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga: Beginning 6:00pm - 7:00pm \$
Senior Men's Basketball 6:30pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)



Thursday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Bible Discussion - 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Mental Health Support Group 9:00am - 10:30am
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:00am
Friendship Coffee 11:00am - 1:00pm
Open & Senior Men's Basketball 11:30am - 12:30pm
Artist Corner 1:00pm - 4:00pm
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
Aerobics 8:51am - 9:15am
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Aerobics 8:15am -9:15am
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30am
Shuffleboard 10:30am - 1:30pm
Badminton 1:30pm - 3:30pm
Volleyball 6:15pm - 7:45pm
Basketball 7:45pm - 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)



End of Summer Splash Pad Party



Friday, August 2, 2024

5:30 pm - 7:30 pm

MUSIC

FOOD

FUN



OPEN HOUSE

Friday, August 9, 2024

10:00am-11:00am

Join us for information
on our center and
meeting new people!

BEFORE AND AFTERSCHOOL PROGRAM

Program Registration begins
July 29th, 2024

Register online at play.cabq.gov

Registration is on a first come first serve
basis

- Program begins August 12, 2024
- Before School Program: 7:30am-8:50am
- After School: 4:00pm-6:00pm
- \$20.00 yearly Membership fee
- \$15.00 a Month
- Grades K-8th
- Children will be walked to and from school



SHUFFLE BOARD

CONGRATULATIONS to our
Shuffle board Group who won
Various Medals at the Senior
Olympic Games and the 50+
Games!

Join the Group
Friday's 10:30am-1:30pm