

Message from Director Sanchez

Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!



Warmest regards,
Anna Sanchez, Director



December 2023

Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

Vacant, 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

Andre Valdez, General Services

Special Dates & Announcements

12/1: TRIP - Holiday Stroll

12/1: Tree Trimming/Luminaria Making

12/7: TRIP Santa Fe Alpaca Farm

12/7: Traditions: Hanukkah

12/12: Holiday Dance

12/13: TRIP Olive Garden

12/14: Traditions: Las Posadas

12/15: Holiday Family Movie Night

12/19: GEHM Clinic

12/18-12/22-Holiday Spirit Week

12/20: TRIP Cutbow Coffee

12/21: Traditions: Kwanza

12/21: TEENIORS

12/25: CLOSED - Christmas

12/28: BINGO CANCELED

01/01: CLOSED - New Year

Accredited by



National Institute of
Senior Centers



Manzano Mesa will be closed the following days this Holiday Season:

Christmas Day:

Monday, December 25, 2023

New Year's Day:

Monday, January 01, 2023

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, December 19

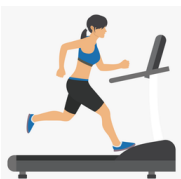
9:00am-1:00pm

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!



Congratulations



We are very excited to announce that David Goode has accepted the Manager position at Palo Duro Senior Center. David was the Supervisor at Manzano Mesa for the past 2.5 years. We will all miss David and wish him the best of luck on a well deserved promotion!

Game Room and Gym hours will vary

December 26- January 5, signage will be posted.

**BINGO CANCELLED
DECEMBER 28, 2023**



TEENIORS
tech-savvy teens empowering seniors

FREE WORKSHOP!

Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology, while providing paid, meaningful jobs for youth in N.M.!

JOIN US!

December 21, 2023

Call 505-275-8731 to schedule your appointment

Holiday Stroll

December 1st

Check in: 2:45pm

Depart: 3:00 pm

Return: 8:00pm

Dinner at own expense

Sign up at the front desk



Cutbow Coffee Roastology

December 20th



Check in: 9:30am

Depart: 9:45am

Return: 11:30am

Sign up at the front desk

Santa Fe Alpaca

Farm

December 7th

Check in: 9:00 am

Depart: 9:15am

Return: 3:00pm

lunch at own expense
Sign up at the front desk



PLEASE JOIN US FOR A *Holiday* LUNCHEON

December 25th | 11am-1pm

HOSTED BY BARELAS SENIOR CENTER

Tickets are \$4 per person. Space is limited, please reserve your ticket in person at Barelas Senior Center beginning

Monday, December 4, 2023



Join Us For our Holiday Traditions Series

Thursdays in the Lobby at 10:30am

December 7th- Hanukkah

December 14th - Las Posadas

December 21- Kwanzaa



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
 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
27	28	29	30	1
<ul style="list-style-type: none"> ◆ Rotisserie chicken ◆ Rosemary potatoes ◆ Corn w/ red peppers ◆ Dinner roll w/ margarine ◆ Grapes ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Carne adovada/red chile ◆ Flour tortilla ◆ Pinto beans ◆ Spanish rice ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef tip w/elbow macaroni ◆ Roasted carrots ◆ Sliced beets ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pasta primavera w/ alfredo sauce ◆ Northwest blend vegetables ◆ Breadstick ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Breaded cod fish w/ tartar sauce ◆ Steamed red potatoes ◆ Peas ◆ Orange ◆ 1% milk 
4	5	6	7	8
<ul style="list-style-type: none"> ◆ Salisbury steak w/green chile gravy ◆ Corn ◆ Mashed potatoes ◆ Dinner roll w/ margarine ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey tetrazzini ◆ Brussel sprouts ◆ Peach cobbler ◆ Breadstick ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked tilapia w/lemon and tartar sauce ◆ Rice pilaf ◆ Green beans ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken parmesan w/ mozzarella ◆ Carrots ◆ Breadstick ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Diced pork w/gravy ◆ Sweet potatoes ◆ Oriental blend vegetables ◆ Dinner roll w/ margarine ◆ Jell-O ◆ 1% milk 
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Pork egg rolls ◆ Butter noodle ◆ Brussel sprouts ◆ Fortune cookies ◆ Sweet & Sour sauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Cheese omelet w/ pepper, onions, spinach ◆ Stewed tomatoes ◆ Hash browns ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken tamales w/ green chile ◆ Pinto beans ◆ Calabacitas ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce ◆ Green beans ◆ Breadstick ◆ Apple sauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked salmon w/lemon sauce ◆ White rice ◆ Sliced beets ◆ Dinner roll w/ margarine ◆ Orange ◆ 1% milk 
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Breaded pollock ◆ Brown rice ◆ Corn w/red peppers ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey and brown rice w/gravy ◆ Green beans ◆ Cauliflower ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked chicken ◆ Mashed potato ◆ Broccoli ◆ Mixed fruit ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Sloppy joe, hamburger bun ◆ Roasted green and red bell peppers ◆ Rosemary potato ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Ham w/pineapple glaze ◆ Mashed potato ◆ Mixed vegetables ◆ Cherry cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 
25	26	27	28	29
<p>CLOSED</p> 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Baked beans ◆ Normandy blend vegetables ◆ Chocolate chip cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Green chile chicken tamale ◆ Pinto beans ◆ Calabacitas ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Macaroni w/ham & broccoli ◆ Spinach ◆ Peach cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked cod fish w/tartar sauce ◆ Rice pilaf ◆ Carrots ◆ Jell-O ◆ 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.

Spirit Week

Monday 12/18-Merry Monday

Dress up in appropriate Holiday Pajamas

Tuesday 12/19-Tacky Sock Tuesday

Wednesday 12/20-Holiday Helpers

Dress up like elves, Santa, reindeer, snowman etc.

Thursday 12/21-Ugly Sweater Day



Friday 12/22- Festive Red or Green Christmas day



Holiday Movies in the Lobby



Monday 12/18- How the Grinch Stole Christmas

Tuesday 12/19- Elf

Wednesday 12/20- A Christmas Carol



Holiday Dance

Join us for music from Paul Pino and The Tone Daddy's and dancing !

December 12, 2023

1:30pm-3:30pm

sign up at front desk or call

(505)275-8731

FAMILY MOVIE NIGHT



Friday

December 15, 2023

5:30pm - 8:00pm

