

# Our Lovely Craft Fair



MANZANO MESA  
MULTIGENERATIONAL  
CENTER  
501 ELIZABETH SE, 87123  
FEBRUARY 10, 2024  
10 AM - 2 PM  
JOIN US FOR CRAFTS,  
FOOD TRUCKS, AND  
ENTERTAINMENT

## 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,  
Alex (James) Torres  
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

- 2/7: TRIP-Bama's Restaurant
- 2/9: Super Bowl Party
- 2/9: Basketball Gym Closed
- 2/10: Basketball Gym Closed
- 2/10: Our lovely Craft fair
- 2/13: Mardi Gras Celebration
- 2/14: Valentines Day Celebration
- 2/16: Movie in the Lobby: The Notebook
- 2/19: CLOSED
- 2/20: TRIP-Movie
- 2/20: GEHM Clinic
- 2/21: TRIP-Senior Connection Fair @ JCC
- 2/23: Sweetheart Dance
- 2/23: Teeniors
- 2/23: Defensive Driving
- 2/28: TRIP-Ivy Tea Room

**Fill out a DSA Survey at the front desk for a chance to win a \$50.00 gift card**



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.

**WE'RE  
CLOSED**



Manzano Mesa will be closed the following day in February:

**Presidents Day:**

**Monday, February 19, 2024**

## 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, February 20th**

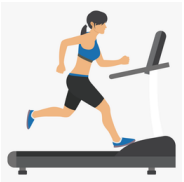
**9:00am-1:00pm**

## Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more

information



**Mardi Gras**

**Tuesday, February 13th**

**10:30am- 11:00am**

**Sign up at the front desk**

**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.!

**February 23, 2024**

**4:00pm-6:00 pm**

**Call 505-275-8731 to schedule your appointment**

**AARP**<sup>®</sup>

**February 23, 2024**

**1:00 pm -5:00pm**

**AARP Members: \$20.00**

**Non-Members: \$25.00**

**SIGN UP AT THE FRONT DESK**

**Pytm: Cash/check to instructor in class**

**Bring Drivers License & AAARP Membership Card**



**The Gymnasium will be CLOSED**

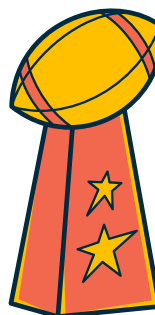
**Friday, February 9, 2024**

**Super Bowl Party**

**Friday, February 9th**

**10:30am- 11:30am**

**Sign up at the front desk**



## Bama's Restaurant

Wednesday, February 7th

Check in: 10:45am

Depart: 11:00am

Return: 1:00pm



lunch at own expense  
Sign up at the front desk

## Ivy Tea Room

Wednesday, February 28th

Check in: 10:45am

Depart: 11:00am

Return: 2:30pm



At own expense  
Sign up at the front desk

## Icon Cinema/ Movies

Tuesday, February 20th

**TBD\***

\*Check with front desk February 13th  
for movie information

Sign up at the front  
desk



## Senior Connection Fair at the Jewish Community Center

Wednesday, February 21st

Check in: 8:45am

Depart: 9:00am

Return: 11:30am




























Sign up at the front  
desk

**Coming soon!**

The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

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
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 
5 ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Sliced apples ♦ 1% milk 	6 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	7 ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	8 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/margarine ♦ 1% milk 	9 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
12 ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	13 ♦ Turkey w/gravy ♦ Mashed potatoes w/gravy ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	14 ♦ Potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	15 ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	16 ♦ Baked cod w/tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 
19 	20 ♦ Baked ham w/pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	21 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	22 ♦ Baked ziti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 	23 ♦ Steak fingers w/white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/diced tomatoes ♦ Spinach ♦ 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.

## Monday

Fitness Room 8:00am - 8:45pm  
 Billiards 8am - 12:30pm / 5:30pm - 8:45pm  
 Table Tennis 8:00am - 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 10:45am - 11:45am \$  
 Mah Jong 11:00am - 2:30pm  
 Happy Hookers 1:00pm - 3:00pm  
 Badminton 1:30pm - 3:30pm  
 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 - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Tai Chi 9:00am - 10:00am \$  
 Flex & Tone 8:15am - 9:15am  
 Pottery 9:00am - 1:00pm  
 Line Dance: Intermediate 9:15am - 11:15am  
 Pickleball Training 9:30am - 11:30am  
 Friendship Coffee 9:00am - 1:00am (2nd & 4th Tues)  
 Shuffle Board 1:00pm - 4:00pm  
 Badminton 5:30pm - 8:45pm  
 Clogging: Starter to Intermediate 5:45pm - 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 - 12:30pm / 5:30pm - 8:45pm  
 Woodcarving 8:00am - 11:30am  
 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 10:45am - 11:45am \$  
 Open Basketball 12:00am - 1:30pm  
 Starter Line Dancing 9:30am - 10:30am  
 Pinochle 1:00pm - 4:00pm  
 Badminton 1:30pm - 3:30pm  
 Line Dance: Beg/Improver 1:30pm - 3:30pm  
 Yoga: Beginning 5:30pm - 6:30pm \$  
 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 - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Flex & Tone 8:15am - 9:15am  
 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  
 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

## Friday

Fitness Room 8:00am - 8:45pm  
 Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm  
 Table Tennis 8:00am - 8:45pm  
 Computer Lab 8:00am - 8:45pm  
 Gentle Exercise 9:30am - 10:30am  
 TOPS 10:00am - 11:30am  
 Open & Seniors Men's Basketball 11:30am - 12:30pm  
 Badminton 1:00pm - 4:00pm  
 Volleyball 5:00pm - 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 11:00am - 12:00pm \$

Please join us for a

# Sweetheart Dance



**Friday, February 23rd 2024**

Please sign up at the front desk.  
There will be Dancing & Music!

At 4:30 P.M. - 7:00 P.M.

MANZANO MESA MULTIGENERATIONAL CENTER



YOU & ME + COFFEE =

**FRIENDSHIP**



JOIN US ON TUESDAYS AND THURSDAYS FOR FRIENDSHIP COFFEE IN THE LOBBY

Every Week in February  
Tuesday 9:00am-12:00pm  
Thursday 11:00am-1:00pm

## February SPIRIT WEEK!

MONDAY 2/12 : DSA Purple

TUESDAY 2/13: MARDI GRAS

Wear purple, gold, yellow, or green

WEDNESDAY 2/14: Valentines shirts, pink, or red

THURSDAY 2/15: Disney Day

FRIDAY 2/16 : Pajamas

