

# February 2025 Newsletter

## Center Hours

M-F: 8am-9pm  
Sat: 9am-3pm  
Sun: Closed

## Center Staff

Brittani Torres, Center Manager  
Esperanza Molina, Center Supervisor  
Josephine Griego, Coordinator  
Suzanne Reyes, Coordinator  
Vacant, Office Assistant  
Katherine Jimenez,  
Alexia Watson-Gallegos,  
Josh Zuniga  
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

2/4: World Cancer Day  
2/5: TRIP: Mac's La Sierra Coffee  
2/7: Super Bowl Party  
2/12: TRIP: Telephone Museum/ Baca Boys cafe  
2/14: Sweethearts Dance ( **reserve lunch by February 5th**)  
2/17: CLOSED Presidents Day  
2/20: TRIP: Copper Canyon Cafe  
2/25 Gymnasium Closed  
2/25: 50+ Games Shuffle Board  
2/25: Tech Bingo  
2/26: TRIP: Ivy Tea Room  
2/27: Tech Thursday  
2/28: AARP Defensive Driving  
2/28: Road Runner Foodbank Distribution

# Sweethearts Dance

Featuring:  
Paul Pine & The Tone Daddies

Fun! Food! Dancing!  
Photo Booth!

February 14, 2025  
9:30am-1:00pm

Please make a  
lunch  
reservation  
by February  
5th at the  
front desk



## Beyond Walls Digital Literacy



Empowers participants with essential tech skills to stay connected. Classes provided by the Beyond Walls Program.

**Thursday, February 20, 2025**

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

**Sign up at the front desk**



## Beyond Walls Bingo

Enhances mood and builds social connections. Bingo provided by the Beyond Walls Program.

**Thursday, February 27, 2025**

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

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

**SIGN UP AT THE FRONT DESK**



## Beyond Walls Brian Games



Improves cognitive health through fun challenges Classes provided by the Beyond Walls Program.

**Thursday, February 13, 2025**

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

**Sign up at the front desk**

**Gymnasium will be closed  
February, 25 2025 ALL day**

**Manzano Mesa will be closed  
February, 17 2025**



## Mobile Food Pantry

**Friday, February 28, 2025**

**2:30pm - 4:00pm**

The mobile food pantry for the community supplied by Roadrunner Food Bank. Groceries will distributed outside.

## AARP Defensive Driving

The AARP Smart Driver course teaches valuable defensive driving techniques and provides a refresher about the rules of the road to keep your daily commute a safe commute.

**Friday, February 28, 2025**

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

## 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, February 18, 2025**

**9:00am-12:00pm**

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   |
|--|--|--|--|--|
| <p>3</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>◆ Brussel Sprouts</li> <li>◆ Mixed Berries</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ 1% milk</li> </ul>        | <p>4</p> <ul style="list-style-type: none"> <li>◆ Lemon Pepper Salmon</li> <li>◆ Brown Rice</li> <li>◆ Roasted Fall Vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>                      | <p>5</p> <ul style="list-style-type: none"> <li>◆ Memphis Dry-Rubbed Chicken</li> <li>◆ Cauliflower</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Mandarin Orange</li> <li>◆ 1% milk</li> </ul>  | <p>6</p> <ul style="list-style-type: none"> <li>◆ Pasta Primavera</li> <li>◆ Steamed Broccoli</li> <li>◆ Dinner Roll/ Margarine</li> <li>◆ Warm Cinnamon Apple Chunks</li> <li>◆ 1% milk</li> </ul>         | <p>7</p> <ul style="list-style-type: none"> <li>◆ Pork Chop</li> <li>◆ Mashed Potatoes</li> <li>◆ Crispy Roasted Brussel Sprouts</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul>                          |
| <p>10</p> <ul style="list-style-type: none"> <li>◆ Chicken Tamale w/ Green Chile</li> <li>◆ Mushroom &amp; Green Beans</li> <li>◆ Diner Roll with Margarine</li> <li>◆ Berry Compote</li> <li>◆ 1% milk</li> </ul>  | <p>11</p> <ul style="list-style-type: none"> <li>◆ Turkey w/ Gravy</li> <li>◆ Steamed Broccoli</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>              | <p>12</p> <ul style="list-style-type: none"> <li>◆ Chicken Posole</li> <li>◆ Steamed Cauliflower</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul>            | <p>13</p> <ul style="list-style-type: none"> <li>◆ Red Chile Cheese Enchilada</li> <li>◆ Brown Rice</li> <li>◆ Roasted Fall Vegetables/ Calabacitas</li> <li>◆ Pears</li> <li>◆ 1% milk</li> </ul>        | <p>14</p> <ul style="list-style-type: none"> <li>◆ Baked Cod with Tarter Sauce</li> <li>◆ Brussel Sprouts</li> <li>◆ Roasted Fall Vegetables</li> <li>◆ Valentine Cookie</li> <li>◆ 1% milk</li> </ul>  |
| <p><b>CLOSED</b> 17</p>    | <p>18</p> <ul style="list-style-type: none"> <li>◆ Baked Ham with Pineapple Sauce</li> <li>◆ Sweet Potatoes</li> <li>◆ 5 Way Vegetables</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul>  | <p>19</p> <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Brown Rice</li> <li>◆ Roasted Fall Vegetables</li> <li>◆ Sliced Apple</li> <li>◆ 1% milk</li> </ul>                   | <p>20</p> <ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Brussel Sprout</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>                             | <p>21</p> <ul style="list-style-type: none"> <li>◆ Tilapia with Tarter Sauce</li> <li>◆ Rosemary Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Pears</li> <li>◆ 1% milk</li> </ul>                    |
| <p>24</p> <ul style="list-style-type: none"> <li>◆ Red Chile Beans</li> <li>◆ Crispy Roasted Cauliflower with Pumpkin Seeds</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Brownie</li> <li>◆ 1% milk</li> </ul>  | <p>25</p> <ul style="list-style-type: none"> <li>◆ Chicken Tamale w/ Green Chile</li> <li>◆ Brown Rice</li> <li>◆ Corn &amp; Edamame</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>              | <p>26</p> <ul style="list-style-type: none"> <li>◆ Diced Pork with Gravy</li> <li>◆ Steamed Green Beans</li> <li>◆ Berry Compote</li> <li>◆ 1% milk</li> </ul>                                    | <p>27</p> <ul style="list-style-type: none"> <li>◆ Veggie Green Chili Cheeseburger</li> <li>◆ Sweet Potato Mash</li> <li>◆ Roasted Fall Vegetables</li> <li>◆ Apple Slices</li> <li>◆ 1% milk</li> </ul>  | <p>28</p> <ul style="list-style-type: none"> <li>◆ Lemon Pepper Salmon</li> <li>◆ Mashed Potatoes</li> <li>◆ Steamed Spinach</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul>                            |

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

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  
EFT Tapping Group 9:00am -10:00am  
Beginner Line Dance: 9:30am - 11:30am  
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 1:00pm - 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-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  
Tech Bingo (Last Tuesday a Month) 10:00am - 11:00am  
Quilting (2nd Tuesday) 10:15am - 1:00pm  
Mah Jong 1:00pm - 4:00pm  
Shuffle Board 1:00pm - 4:00pm  
Sing-A-Long 1:30pm - 2:30pm (1st Tuesday)  
Badminton 6:00pm - 8:45pm  
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 - 8:45pm  
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  
Guitar Group 10:00am - 12:00pm  
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 \$  
Pinochle 12:30pm - 4:00pm  
Badminton 1:00pm - 3:00pm  
Line Dance: Beg/Improver 1:30pm - 3:30pm  
Qigong: 4:00pm-5:30pm  
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-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 (3rd Thurs)  
Tech Thursday 10:00am - 11:00am (Last Thurs)  
Artist Corner 1:00pm - 4:00pm  
Bingo Sell Cards 1:45pm -2:00pm  
Bingo 2:00pm - 4:00pm (Doors Close at 2:00pm)  
Pickleball 1:00pm - 4:00pm  
Badminton 6:00pm - 8:45pm  
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

### Friday

Fitness Room 8:00am - 8:45pm  
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 9:30am - 12:00pm  
Shuffleboard 11:00am - 2:00pm  
Badminton 2:30pm - 4:30pm (\*Canceled on Roadrunner Day)  
Volleyball 5:30pm - 7:30pm  
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 - 2:45pm (2nd Saturday)  
Laughter Yoga 9:00am - 10:00am  
Wise Woman Belly Dance 11:00am-12:00pm  
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)  
Zumba 1:00 pm - 2:00 pm \$  
Magic Club 12:00pm - 2:45pm (3rd Saturday)  
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

\*All classes subject to change



## MM Featured Classes

### ▶ Qigong

Ancient mindful movement practice that turns stress into vitality.

Every Wednesday 4:00pm-5:30pm

### ▶ New Zumba Classes

Join Maria for a new Zumba class for all ages.

Saturday 1:00pm-2:00pm

Price: \$5.00 a class

### ▶ EFT Tapping

Self-help tapping technique to help regulate your energy system.

Every Monday 9:00am-10:00am

### ▶ Laughter Yoga

Exercise while emphasizing laughter, yogic breathing and mindful meditation.

Every Saturday 9:00am-10:00am

## Telephone Museum &

## lunch at Baca Boy's Café

Wednesday, February 12, 2025

Check in: 9:45am

Depart: 10:00am

Return: 2:00pm

At own expense



## Mac's La Sierra Coffee Shop

Thursday, February 6, 2025

Check in: 11:00am

Depart: 11:15am

Return: 2:00pm

At own expense



## Copper Canyon Café

Thursday, February 20, 2025

Check in: 11:00am

Depart: 11:30am

Return: 2:00pm

At own expense



## Ivy's Tea Room

Wednesday, February 26, 2025

Check in: 11:00am

Depart: 11:15am

Return: 2:30pm

\$48.00 per Person

At own expense



**\*Sign up at the front desk is required for ALL trips**



ONE ALBUQUE ROQUE senior affairs

PRIME TIME PUBLISHING

# LOS VOLCANES SENIOR CENTER 2025 BILLIARDS TOURNAMENT

FEBRUARY 26, 2025 | 9 AM – 5 PM

6500 LOS VOLCANES NW 87121



- Registration starts Jan. 31
  - Registration ends Feb. 20
  - \$10.00 Entry fee
  - Open to all current DSA center members
- CALL 505-767-5999 FOR MORE INFORMATION  
OR VISIT CABQ.GOV/SENIORS



## Super Bowl Party

Friday, February 7, 2025

10:00am-11:00am

Join us in the lobby for  
food and Fun!

Sign-up at the Front



**Did you know the Department of Senior Affairs offers transportation to seniors ages 60 and older who live within a five-mile radius of our Senior and Multigenerational centers?**

**This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can sign up for transportation at the front desk or call 505-764-6400 for more info.**

