

# January 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

1/1: CLOSED-NEW YEARS DAY

1/9: APD Museum Trip

1/17: Barela's Coffee House Trip

1/20: CLOSED Martin Luther King Jr. Day

1/21: GHEM Clinic

1/22: Skidmore's Holiday Bowl Trip

1/24: Glitz & Glam Dinner

1/27: Senior Day at the Round House -  
Santa Fe Trip

1/29: Lunar New Year

1/31: Hot Chocolate Day

1/31: Roadrunner Food Bank (Elementary  
School)

1/31: AARP Defensive Driving Course

Accredited by   
National Institute of  
Senior Centers

MANZANO MESA MULTIGENERATIONAL CENTER

ONE  
ALBUQUE  
ROQUE senior affairs

# 2025

# Glitz and Glam Family Dinner

JOIN US IN CELEBRATING THE  
NEW YEAR WITH AN ELEGANT  
FOUR-COURSE DINNER

FRIDAY, JANUARY 24, 2025

6:00PM-8:00 PM

RESERVATIONS REQUIRED

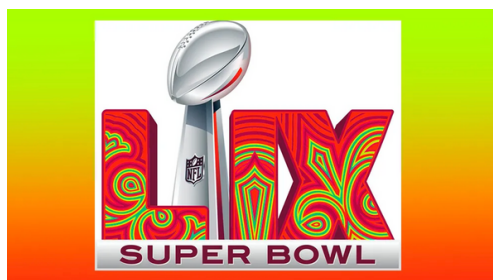
TO RESERVE CALL (505)275-8731  
501 ELIZABETH ST. SE. 87123

**Our Mission:** We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

# NEW YEARS TOAST

Tuesday, December 31, 2024  
12:00pm

Join us in the Social Hall to celebrate the New Year with a Toast!



## Super Bowl Party

Friday, February 7, 2024

10:30am-11:30am

Join us in the lobby for food and Fun!

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



## 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, January 31, 2025

1:00pm-5:00pm



## Mobile Food Pantry

Friday, January 31st, 2025

2:30pm - 4:00pm

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

















**Elementary school.**

**801 Elizabeth St. SE, Albuquerque, NM 87123**

**FREE**



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>30</p> <ul style="list-style-type: none"> <li>◆ Texas Chili</li> <li>◆ Cornbread/Margarine</li> <li>◆ Succotash</li> <li>◆ Diced Pears</li> <li>◆ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Asian Diced Pork/Peppers</li> <li>◆ Rice Pilaf</li> <li>◆ Oriental Blend</li> <li>◆ Fortune Cookie</li> <li>◆ 1% milk</li> </ul> 	<p>1</p> <p><b>CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p>2</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Red Chile &amp; Peppers</li> <li>◆ Sweet Potatoes</li> <li>◆ Blackeye Peas</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Breaded Cod/Tartar Sauce</li> <li>◆ Crinkle Cut Fries</li> <li>◆ Peas &amp; Carrots</li> <li>◆ Brownies</li> <li>◆ 1% milk</li> </ul> 
<p>6</p> <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Green Chile Gravy</li> <li>◆ Sweet Potato Mash</li> <li>◆ Cauliflower w/ Pepitas</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>◆ Turkey Tetrizzini</li> <li>◆ Corn &amp; Edamame</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>◆ Lemon Pepper Salmon</li> <li>◆ Brown Rice</li> <li>◆ Roasted Fall Veggies</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Mixed Berries</li> <li>◆ 1% milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Red Chile &amp; Pepitas</li> <li>◆ Pinto Beans w/ Spinach &amp; Bell Peppers</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Apple Slices</li> <li>◆ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>◆ Diced Pork w/ Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Pear Slices</li> <li>◆ 1% milk</li> </ul> 
<p>13</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>◆ Brussel Sprouts</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>◆ Lemon Baked Tilapia w/ Tartar Sauce</li> <li>◆ Sweet Potato Mash</li> <li>◆ Green Beans</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Mixed Berries</li> <li>◆ 1% milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>◆ Chicken Tamales w/ Red Chile &amp; Pepitas</li> <li>◆ Steamed Mushroom</li> <li>◆ Berry Compote</li> <li>◆ 1% milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>◆ Cheese Lasagna</li> <li>◆ Roasted Fall Veggies</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>◆ Chicken Posole</li> <li>◆ Steamed Mushroom</li> <li>◆ Sauteed Spinach</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
<p>20</p> 	<p>21</p> <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Sweet Potato Mash</li> <li>◆ Sauteed Spinach</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>◆ Lemon Pepper Salmon</li> <li>◆ Mashed Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Apple Slices</li> <li>◆ 1% milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>◆ Macaroni &amp; Broccoli</li> <li>◆ Brussel Sprouts</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Green Chile Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Roasted Fall Veggies</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Pear Slices</li> <li>◆ 1% milk</li> </ul> 
<p>27</p> <ul style="list-style-type: none"> <li>◆ Lemon Baked Tilapia w/ Tartar Suce</li> <li>◆ Mashed Potatoes</li> <li>◆ Corn &amp; Edamame</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Apple Slices</li> <li>◆ 1% milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>◆ Chicken Tamales w/ Red Chile &amp; Pepitas</li> <li>◆ Steamed Mushroom</li> <li>◆ Berry Compote</li> <li>◆ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>◆ Diced Pork w/ Gravy</li> <li>◆ Sweet Potato Mash</li> <li>◆ Green Beans</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>◆ Spaghetti w/ Tomato Sauce &amp; Mushrooms</li> <li>◆ Cauliflower w/ Pepitas</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy</li> <li>◆ Brown Rice</li> <li>◆ Roasted Fall Veggies</li> <li>◆ Diner Roll/Margarine</li> <li>◆ Mixed Berries</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

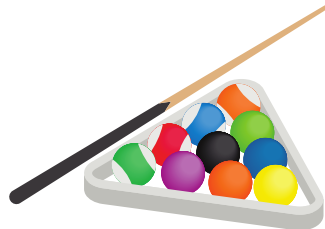
### Monday

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  
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  
Zumba: 7:00pm-8:00pm \$  
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  
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)  
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



**Manzano Mesa will be closed the following days:**

**January 1, 2025**

**January 20, 2025**

# Skidmore's Holiday Bowl

Wednesday, January 22, 2025

11:00am-2:00pm

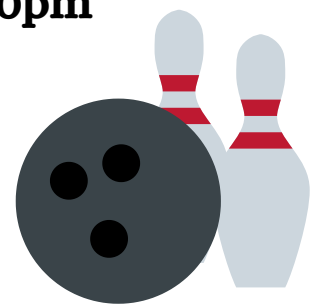
Check in: 11:00am

Depart: 11:15am

Return: 2:00pm

At own expense

Sign up at the front desk



# APD Museum & lunch at Dion's

Thursday, January 9, 2025

Check in: 9:30am

Depart: 9:45am

Return: 1:00pm

At own expense

Sign up at the front desk



# Barelas Coffee House

Friday, January 17, 2025

Check in: 11:00am

Depart: 11:15am

Return: 1:00pm

At own expense

Sign up at the front desk



# Senior Day at the Round House

Monday, January 27, 2025

Check in: 9:15am

Depart: 9:30am

Return: 3:00pm

Sign up at the front desk



# 2025



# Sweethearts Dance

February 14, 2024

10:00am-1:00pm



Sign up at the front  
desk

