

July 2022

Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what's going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website. Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque's City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico. As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our "Coffee with Constituents" events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Center Hours

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

Sun: Closed

Center Staff

Natasha Montoya, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Marissa Gonzales,

Office Assistant

Mailiya Williams,

Katherine Jimenez

Program Assistant

Angie Marentes,

Recreation Assistant

Leroy Chamber, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates & Announcements

7/04: Closed in Observance of July 4th

7/21: TRIP: Sante Fe Plaza

8/4: Party at the Splash Pad



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.



Splash Pad

The splash pad is open! All adults must have a valid membership and can bring up to 5 children with their membership.

Hours of operation:

Monday-Friday

11:00am-3:00pm &

Saturday 9:00am -11:45am



GEHM CLINIC

Students from the College of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.



Tuesday July 19, 2022

8:30am - 12:00pm

MONTHLY BIRTHDAY PARTY!

Celebrate your birthday with a slice of cake on us!!



Tuesday July 26, 2022

9:30am-10:30am

FRIENDSHIP COFFEE

A cup of coffee shared with a friend is happiness had and time well spent.

Monday July 11, 2022

10:30am-11:30am



Shot Clinic

Covid Vaccine and Covid Booster. No appointments necessary.



Monday July 25, 2022

1:00pm- 4:00pm

Sponsored by

Shuffleboard

We are in need of a facilitator for shuffleboard.

If you are interested see the front desk



Upcoming Trips

SANTE FE PLAZA

Enjoy art galleries, shop or just explore the plaza

LUNCH AT THE SHED

*AT YOUR OWN EXPENSE



Thursday July 21, 2022

Check In: 9:00am

Depart: 9:15am

Sign up at the front desk

Adult Drawing Class

Don't know how to draw?

Well, our resident keyboard player, Tal Burdine is here to help!

This 15 week class will give you the tools and knowledge to be able to improve your drawing skills.



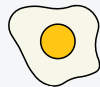
Interested? See the front desk

BINGO RETURNS



Thursday, August 12th
2:00pm-4:15pm

BREAKFAST AT MANZANO



Served 8:00am to 9:00am
Monday through Friday

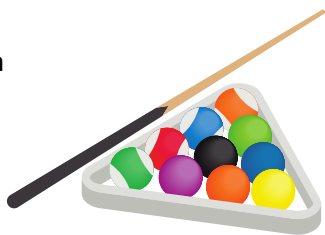


Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, 1 bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito	1.50
(chile optional)	
Daily Specials	
Biscuits and Gravy	1.00
Tuesday/Thursday 2 biscuits smothered in gravy	
Waffle w/ Fruit	1.50
Wednesdays Waffle topped with fruit and whip	
Huevos Rancheros	1.50
Friday 2 eggs served over corn tortillas, beans, cheese, chile, topped with lettuce, tomatoes & onions	
A-la Carte	
Egg.....	.25
2 Pieces of bacon or sausage.....	.50
Cheese.....	.25
Pancake.....	.25
French Toast.....	.25
Egg Muffin Sandwich.....	1.00
Toast, Tortilla or English Muffin.....	.20
Hash Browns.....	.30
Oatmeal w/milk.....	.70
Side of Chile (red or green).....	.25
Drinks	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



Monday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Beading 8:30am - 12pm
 Computer Lab 9am - 11:15am
 *Line Dance: Beginning will return 8/8/22
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 10:30am - 11:30am (2nd Monday)
 *Zumba Gold will return 8/8/22
 Happy Hookers 1pm - 3pm
 Volleyball 5:30pm - 8pm
 Yoga: Hatha Blend 6pm - 7:15pm \$
 Lions Club 6pm - 7:30pm (1st & 3rd)



Tuesday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Computer Lab 9am - 11:15am
 *Tai Chi 9am - 10am \$5.00
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 11:30am
 *Line Dance: Intermediate will return 8/9/22
 *Pickleball Training 9:30am - 11:30am
 *Line Dance: Intermediate will return 8/9/22
 Badminton 5:30pm - 8:50pm
 Functional Fitness 6:30pm - 7:30pm
 Celtic Sessions Group 6:30pm - 8:30pm
 Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8am - 8:45 pm
 Billiards 8am - 1pm / 5:30pm - 8:45pm
 Table Tennis 8am - 1pm / 5:30pm - 8:45pm
 Woodcarving 8am - 11:30am
 Aerobics 8:15am - 9:15am
 Computer Lab 9am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Meditation Group 10:10am - 11:10am
 *Zumba Gold will return 8/10/22
 Open Basketball 11:30am - 12:30pm
 *Starter Line Dancing will return 8/10/22
 Pinochle 1pm - 4:30pm
 *Line Dance: Beg/Improver will return 8/10/22
 Yoga: Beginning 5:30pm - 6:30pm
 Senior Men's Basketball 6pm - 8:45pm



Thursday

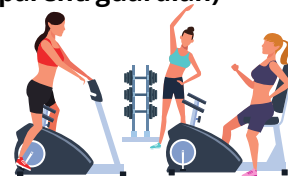
Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Flex & Tone 8:15am - 9:15am
 *Tai Chi 9am - 10am \$5.00
 Pottery 9am - 1pm
 Computer Lab 9am - 11:15am
 *Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 12:30pm
 Artist's Corner 1pm - 4pm
 *Bingo 2pm - 4:00pm
 *Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
 Belly Dance 6pm - 8pm (Last Thursday)

Friday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Computer Lab 9am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30pm
 Open & Seniors Men's Basketball 11am - 12:30pm
 Badminton will return 8/12/22
 *Line Dancing: Intermediate will return 8/12/22
 Volleyball 5:30pm - 7pm
 Basketball 7pm - 8:45pm

Saturday

Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 12pm
 Project Linus 9am 12pm (2nd Saturday)
 Laughter Yoga 9am - 10am
 Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
 Cherokees of NM 12pm - 2:45pm (3rd Saturday)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)
 Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)



*Classes will resume the second week of August



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 ♦ Cheeseburger ♦ Sweet Corn ♦ Steak Fries w/Ketchup ♦ Watermelon ♦ 1% Milk
4 CLOSED 	5 ♦ Lemon Pepper Chicken w/Brown Rice ♦ Diced Beets ♦ Roasted Brussels Sprouts ♦ Chocolate Pudding ♦ 1% Milk	6 ♦ Egg Salad Sandwich on Whole Grain Bread w/ Lettuce & Tomato ♦ Carrot Sticks ♦ Fresh Seasonal Fruit ♦ 1% Milk	7 ♦ Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll ♦ Steak Fries w/Ketchup ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk	8 ♦ Garlic Tilapia ♦ Whole Wheat Pasta w/ Diced Tomatoes ♦ Calabacitas ♦ Yogurt ♦ 1% Milk
11 ♦ Pork Chop w/ Brown Rice ♦ Rosemary Potatoes ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk	12 ♦ Beef Fajita w/ Onions, Red & Green Peppers ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	13 ♦ Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce ♦ Spinach ♦ Breadstick ♦ Fresh Seasonal Fruit ♦ Yogurt ♦ 1% Milk	14 ♦ Breaded Cod w/ Tartar Sauce over Brown Rice ♦ Stewed Tomatoes ♦ Green Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	15 ♦ Chicken Parmesan ♦ Spaghetti w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk
18 ♦ Carne Adovada ♦ Spinach ♦ Pinto Beans ♦ Flour Tortilla ♦ Fresh Seasonal Fruit ♦ 1% Milk	19 ♦ Sweet n Sour Chicken w/ Stir Fry Vegetables ♦ Seasonal Vegetable ♦ Brown Rice ♦ Fortune Cookie ♦ 1% Milk	20 ♦ Salisbury Steak w/ Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetable ♦ Fresh Banana ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk	21 ♦ Cheese Omelet ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Whole Grain Biscuit w/ Margarine ♦ Mandarin Oranges ♦ 1% Milk	22 ♦ BBQ Pork ♦ Roasted Sweet Potato ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk
25 ♦ Spaghetti w/Meat Sauce ♦ Imperial Blend Vegetables ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk	26 ♦ Baked Salmon w/ Lemon and Garlic ♦ Ancient Grain Blend ♦ Mushrooms & Green Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	27 ♦ Red Chile Tamales ♦ Calabacitas ♦ Pinto Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	28 ♦ Macaroni & Cheese w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ Yogurt ♦ 1% Milk	29 ♦ Chicken Salad Sandwich ♦ Sliced Cucumber and Carrot Sticks ♦ Cole Slaw ♦ Fresh Seasonal Fruit ♦ 1% Milk

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. Revised 6/9/22

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.
Please call 275-8731 to make your reservation by 1:00pm the day prior.



End of Summer Splash Pad Party

MUSIC

FUN

FOOD

FAMILY

THURSDAY AUGUST 4TH

5:30PM-7:30PM

TICKETS REQUIRED. PLEASE SIGN UP AT
FRONT DESK