

## June 2022

Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983.

Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites.

There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

**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,

Abril Ramirez,

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

6/13: Splash Pad Opens

6/20: Closed in Observance of Juneteenth

6/22: Covid Vaccine Clinic

6/23: Open House 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 will be opening June 13th! 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 June 21, 2022**

**8:30am - 12:00pm**



## MONTHLY BIRTHDAY PARTY!

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



**Tuesday June 28, 2022**

**9:30am-10:30am**

---

## FRIENDSHIP COFFEE

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

**Monday June 13, 2022**

**9:30am-10:30am**



---

## VACCINE CLINIC

Covid Vaccine, Covid Booster and no appointments necessary.

**Wednesday June 22, 2022**

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



Sponsored by: BestBuy Drugs

---

## SUMMER YOUTH PROGRAM



We are looking forward to our 8 week summer recreation program.

Starting June 13!

## FUNCTIONAL FITNESS

Tuesday's  
6:30 - 7:30pm



## PERSONAL DEFENSE

Tuesday's  
7:30 - 8:30pm



## SING -A- LONG

Members wanted come  
share your talent!



If you are interested  
please see the front desk



## WHAT IS JUNETEENTH

What is Juneteenth? Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name "Juneteenth" references the date of the holiday, combining the words "June" and "nineteenth"

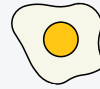


## BINGO IS BACK

Join the fun and test  
your luck.  
Thursday's  
2:00pm-4:15pm



## BREAKFAST AT MANZANO



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

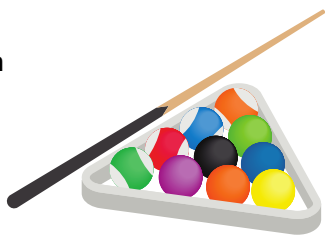


<b>Full Breakfast</b> .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
<b>Mini Breakfast</b> .....	.75
1 egg, 1 bacon. or sausage, hash browns, english muffin, toast or tortilla	
<b>Breakfast Burrito</b> .....	1.50
(chile optional)	
<b>Daily Specials</b>	
<b>Biscuits and Gravy</b> .....	1.00
Tuesday/Thursday 2 biscuits smothered in gravy	
<b>Waffle w/ Fruit</b> .....	1.50
Wednesdays Waffle topped with fruit and whip	
<b>Huevos Rancheros</b> .....	1.50
Friday 2 eggs served over corn tortillas, beans, cheese, chile, topped with lettuce, tomatoes, & onions	
<b>A-la Carte</b>	
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
<b>Drinks</b>	
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 9:30am - 10:30am (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 \$  
 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

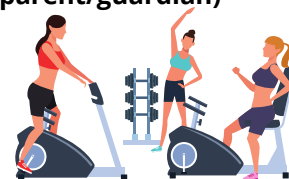
Fitness Room 8am - 8:45pm  
 Billiards 8am - 3pm / 5:30pm - 8:45pm  
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm  
 Flex & Tone 8:15am - 9:15am  
 \*Tai Chi 9am - 10am \$  
 Pottery 9am - 1pm  
 Computer Lab 9am - 11:15am  
 \*Pickleball Training 9:30am - 11:30am  
 Open & Senior Men's Basketball 11:30am - 1:00pm  
 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 - 1pm  
 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 postponed. Will resume the second week of August



Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>CLOSED</b> <b>MEMORIAL DAY</b> 	31 ♦ Greek Pasta Salad ♦ Cucumber & Red Onion Salad w/ Ranch Dressing ♦ Wheat Crackers ♦ Fruit ♦ 1% Milk 	1 ♦ Red Chile Omelet ♦ Steamed Potatoes ♦ Stewed Tomatoes ♦ Green Apple ♦ 1% Milk 	2 ♦ Turkey Tetrazzini ♦ Steamed Spinach ♦ Peas & Carrots ♦ Red Grapes ♦ 1% Milk 	3 ♦ Beef Steak with Grilled Onions ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pudding ♦ 1% Milk 
6 ♦ BBQ Chicken Sandwich ♦ Sweet Potato ♦ Apple Cobbler ♦ 1% Milk 	7 ♦ Salisbury Steak Mushroom & Onion Gravy ♦ Green Beans ♦ Scalloped Potatoes ♦ Orange ♦ 1% Milk 	8 ♦ Baked Ziti ♦ Steamed Carrots & Cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% Milk 	9 ♦ Turkey Pot Pie ♦ Ancient Grains ♦ Broccoli ♦ Diced Peaches ♦ 1% Milk 	10 ♦ Bean & Rice Burrito with Red Chile ♦ Cauliflower ♦ Warm Cinnamon Apples ♦ 1% Milk 
13 ♦ Beef Tips w/ Gravy in Bowtie Pasta ♦ Steamed Green Beans ♦ Peach Cobbler ♦ 1% Milk 	14 ♦ Baked Chicken Thigh ♦ Steamed Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll w/ Margarine ♦ 1% Milk 	15 ♦ Garlic Tilapia ♦ Black-eyed Peas ♦ Steamed Carrots ♦ Pudding ♦ 1% Milk 	16 ♦ Sliced Turkey w/ Brown Gravy ♦ Steamed Carrots ♦ Mashed Potatoes ♦ Pear ♦ 1% Milk 	17 ♦ Pork Roast w/ Creamy Onion Gravy ♦ Steamed Broccoli & Carrots ♦ Mashed Potatoes ♦ Dinner Roll w/ Margarine ♦ Green Grapes ♦ 1% Milk 
20 <b>CLOSED (OBSERVED)</b> 	21 ♦ Chicken Thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% Milk 	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Bread Stick ♦ Cantaloupe ♦ 1% Milk 	23 ♦ Baked Salmon ♦ Roasted Peppers ♦ Ancient Grain ♦ Pudding ♦ 1% Milk 	24 ♦ Carne Adovada ♦ Pinto Beans ♦ Brown Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk 
27 ♦ Baked Pork Chops ♦ Sweet Potatoes ♦ Broccoli/Cauliflower/Carrot ♦ Yogurt ♦ Dinner Roll w/ Margarine ♦ 1% Milk 	28 ♦ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions ♦ Green Peas ♦ Brown Rice ♦ Orange ♦ 1% Milk  	29 ♦ Garlic Tilapia ♦ Steamed Potatoes ♦ Collard Greens ♦ Dinner Roll w/ Margarine ♦ Strawberries ♦ 1% Milk 	30 ♦ Baked Ziti ♦ Steamed Green Beans & Mushrooms ♦ Garlic Breadstick ♦ Pears ♦ 1% Milk 	1 ♦ Cheeseburger ♦ Sweet Corn ♦ Steak Fries w/ Ketchup ♦ Watermelon ♦ 1% Milk 

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal. Revised 5/11/22

**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.**



# *Open House*

AT THE SPLASH PAD

BEAT THE HEAT OF SUMMER

FOOD AND  
MUSIC

THURSDAY JUNE 23RD

5:30-7:30PM

SIGN UP AT FRONT DESK