

# March 2025 Newsletter

## A Message from Director Sanchez

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,  
Anna M. Sanchez, Director



## 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,

Joshua 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

3/4 Mardi Gras

3/7: Employee Appreciation

3/9: Daylight Savings

3/12: TRIP: Sawmill Market

3/13: Tech Brain Games

3/14: AmeriCorps Seniors

Volunteerism Fair

3/14: Pie Day

3/17: St. Patrick's Day-Wear Green

3/17-3/21: Game Room Adjusted Hours

3/18: GEHM Clinic

3/19: International Read to Me

3/20: Tech Thursday

3/24: Teeniors

3/26: TRIP-Rail Runner/Tomasitas

3/27: Tech Bingo

3/28: Roadrunner Food Bank

3/28: AARP Defensive Driving



## **Beyond Walls Brian Games**

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

**Thursday, March 13, 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, March 27, 2025**

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

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



**SIGN UP AT THE FRONT DESK**

## **MM Featured Class**

### **Speak with Distinction**

### **Toastmasters**

**Practice many types of speaking in a sage environment. You will be amazed at you improvement.. while having fun!**

**Thursday's 5:15pm -6:30 pm**



## **Mobile Food Pantry**

**Friday, March 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, March 28, 2025**

**1:00pm-5:30 pm**

## **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, March 18, 2025**





















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

**ONE  
ALBUQUE  
ROQUE**

# MARCH 2025

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> <p><b>Salisbury Steak</b> Green Chile Gravy Sweet Potato Mash Cauliflower Dinner Roll Margarine Orange 1% Milk</p> 	<p>4</p> <p><b>Diced Pork</b> Gravy Mashed Potatoes Steamed Broccoli Dinner Roll Margarine Pear 1% Milk</p> 	<p>5</p> <p><b>Green Chile Posole</b> Black Beans Calabacitas Pears Cupped 1% Milk</p> 	<p>6</p> <p><b>Red Chile Omelet</b> Rosemary Potatoes Spinach Pineapples Cupped 1% Milk</p> 	<p>7</p> <p><b>Breaded Cod</b> Tartar Sauce Brown Rice Roasted Veggies Brownie 1% Milk</p> 
<p>10</p> <p><b>Beef Tips w/Gravy</b> Bowtie Pasta Brussel Sprouts Dinner Roll Margarine Yogurt 1% Milk</p> 	<p>11</p> <p><b>Chicken Tamales</b> Mushrooms Pinto Beans, Spinach &amp; Bell Peppers Mixed Berries 1% Milk</p> 	<p>12</p> <p><b>Baked Ham</b> Pineapple Sauce Brown Rice Green Beans Yogurt 1% Milk</p> 	<p>13</p> <p><b>Cheese Lasagna</b> Roasted Veggies Dinner Roll Margarine Jell-O 1% Milk</p> 	<p>14</p> <p><b>Lemon Pepper Salmon</b> Roasted Potatoes Brussel Sprouts Peaches 1% Milk</p> 
<p>17</p> <p><b>Corned Beef</b> Corn Bread Rosemary Potatoes Cabbage Green Jell-O 1% Milk</p> 	<p>18</p> <p><b>Baked Chicken</b> Sweet Potato Mash Sauteed Spinach Dinner Roll Margarine Jell-O 1% Milk</p> 	<p>19</p> <p><b>Diced Pork</b> Gravy Sweet Potato Mash Green Beans Jell-O 1% Milk</p> 	<p>20</p> <p><b>Spaghetti</b> Mushrooms Roasted Cauliflower Dinner Roll Margarine Orange 1% Milk</p> 	<p>21</p> <p><b>Breaded Cod</b> Tartar Sauce Green Beans Brown Rice Yogurt 1% Milk</p> 
<p>24</p> <p><b>Chicken Posole</b> Mushrooms Sauteed Spinach Mixed Berries 1% Milk</p> 	<p>25</p> <p><b>Salisbury Steak</b> Green Chile Gravy Mashed Potatoes Roasted Veggies Dinner Roll Margarine Pear 1% Milk</p> 	<p>26</p> <p><b>Turkey Tetrazzini</b> Corn Dinner Roll Margarine Jell-O 1% Milk</p> 	<p>27</p> <p><b>Macaroni &amp; Broccoli</b> Brussel Sprouts Sweet Potato Mash Pineapple Cupped 1% Milk</p> 	<p>28</p> <p><b>Lemon Baked Tilapia</b> Tartar Sauce Mashed Potatoes Steamed Broccoli Apple 1% Milk</p> 

**Lunch:**

**Monday-Friday, 11:30-1:00**

**Reservations required the previous day prior to 1:00 pm.**

**You may call in your reservation or reserve in person. Please arrive for you lunch by 12:30 pm. Menu items subject to change.**

## 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)  
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

## Sawmill Market

Wednesday, March 12, 2025

Check in: 11:00 am

Depart: 11:15 am

Return: 2:00 pm



At own expense

## Rail Runner/ Tomasitas

Wednesday, March 26, 2025

Check in: 8:45 am

Depart: 9:00 am

Return: 3:30pm



At own expense

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

CONNECT. SERVE. IMPACT

AmeriCorps Seniors | ONE ALBUQUERQUE senior affairs

THE CITY OF ALBUQUERQUE  
DEPARTMENT OF SENIOR AFFAIRS  
PRESENTS

**AMERICORPS SENIORS  
VOLUNTEERISM FAIR  
& PIE DAY**

MARCH 14, 2025

MANZANO MESA  
MULTIGENERATIONAL CENTER  
501 ELIZABETH ST SE  
ALBUQUERQUE, NM 87123

**10:00AM-1:00PM**

Join us for an exciting and informative event where you can learn about volunteer opportunities with AmeriCorps Seniors and other local organizations. Whether you're ready to commit or just curious, we welcome everyone interested in serving our community.

# Free Tech Help: ABQ in March!

*Albuquerque*

**Thurs, March 6 @ 3:00-5:00pm**  
North Domingo Baca Multi-Gen Center

**Fri, March 7 @ 3:00-5:00p**  
Bear Canyon Senior Center

**Tues, March 11 @ 3:00-5:00pm**  
Barelas Senior Center

**Wed, March 19 @ 3:00-5:00pm**  
Palo Duro Senior Center

**Mon, March 24 @ 2:00-4:00pm**  
Manzano Mesa Multi-Gen Center

**Thurs, March 27th @ 3:00-5:00pm**  
Los Volcanes Senior Center

**Fri, March 28 @ 1:00-3:00pm**  
North Valley Senior Center

RSVP with your center above, or contact Teeniors: (505) 600-1297 | [teeniors@gmail.com](mailto:teeniors@gmail.com).  
All are welcome - there are no stupid questions. Free and open to everyone!



**50+ SENIOR  
TECH  
CONNECT**  
**SAVE THE DATE!**  
**APRIL 11, 2025**

NORTH DOMINGO BACA  
MULTIGENERATIONAL CENTER



**Mardi Gras**

**MARCH 4, 2025**

**JOIN US IN THE LOBBY FOR KINGS CAKE**

**10:00AM - 11:00AM  
FREE ENTRY!**