

March 2022

Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverseIT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting cabq.gov/seniors webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

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

Brenda Carroll,
Felicia Schwarz

Program Assistant
Angie Martines,

Recreation Assistant

James Dever, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Special Dates & Announcements

3/1: Fat Tuesday

3/3: Meow Wolf Trip

3/11: Teen Night - Spike Ball

3/17: St. Patrick's Day



Accredited by

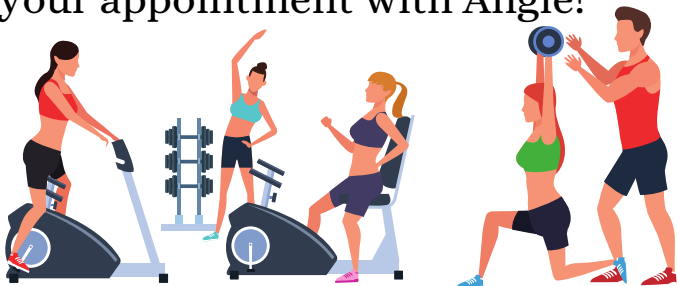


National Institute of
Senior Centers

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

Fitness Equipment Orientation

Need help learning to use the Fitness Equipment properly? Call **505-275-8731** to schedule your appointment with Angie!



diverseIT

FREE Computer Class!

What's Real on the Internet?

Whether you're looking at a website, a video, or a news story learn how to spot unreliable sources, fake pages and profiles to avoid sharing misinformation.

Monday,

March 14, 2022 10:00am - 12:00m

Sign-up at the Front Desk

Sponsored by **Adelante**

AARP Tax-Aide

Tax Season is Here! AARP will be providing free tax assistance to seniors every Thursday from **February 3, 2022 to April 14, 2022**. Call **311** to schedule your appointment.



Senior Tech Connect

The Department of Senior Affairs and Adelante DiverseIT is hosting a highly anticipated, free to the public technology fair geared towards older adults age 50 and older. **The 50+ Senior Tech Connect Fair will be Friday, April 1, 2022, from 8:30am-12:30pm** at North Domingo Baca Multigenerational Center.



Friendship Coffee

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

2nd Monday of the month

March 14, 2022

9:30am - 10:30am



GEHM Clinic

Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure, pulse, oxygen saturation, height, weight, and blood glucose levels.

3rd Tuesday of the Month

Tuesday March 15th

























8:30am - 12:00pm



March 2022

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>Green Chile Chicken Posole Flour Tortilla Calabacitas Fruit 1% Milk</p> 	<p>1</p> <p>Turkey w/Gravy Cornbread Stuffing Vegetables Chocolate Chip Cookie 1% Milk</p> 	<p>2</p> <p>Red Chile Omelet Steamed Potatoes Collard Greens Fruit 1% Milk</p> 	<p>3</p> <p>Diced Pork Sweet Potatoes Vegetables Fruit 1% Milk</p> 	<p>4</p> <p>Baked Cod w/Tartar Sauce Steak Fries w/Ketchup Brownie 1% Milk</p> 
<p>7</p> <p>Beef Fajitas Flour Tortilla Spanish Rice Pinto Beans Fruit 1% Milk</p> 	<p>8</p> <p>Chicken Alfredo w/ Green Chile Green Beans w/ Mushrooms Garlic Bread Stick pudding 1% Milk</p> 	<p>9</p> <p>Baked Ham w/ Pineapple Glaze Brown Rice Steamed Carrots Yogurt 1% Milk</p> 	<p>10</p> <p>Beef Steak w/Grilled Onions Roasted Potatoes Crispy Roasted Brussel Sprouts Cookie 1% Milk</p> 	<p>11</p> <p>Baked Ziti w/Mozzarella Vegetables Garlic Bread Stick Fruit 1% Milk</p> 
<p>14</p> <p>Baked Chicken Mashed Potatoes w/ Gravy Vegetables Fruit Dinner roll w/Margarine 1% Milk</p> 	<p>15</p> <p>Minestrone w/Navy Beans Cornbread Vegetables Seasonal Fruit 1% Milk</p> 	<p>16</p> <p>BBQ Pulled Pork Tater Tots w/Ketchup Sliced Beets Vegetables Seasonal Fruit 1% Milk</p> 	<p>17</p> <p>Corned Beef Steamed Potatoes Steamed Cabbage Jell-O 1% Milk</p> 	<p>18</p> <p>Loaded Baked Potato Vegetables Apple Crumble 1% Milk</p> 
<p>21</p> <p>BBQ Chicken Thigh Baked Beans Corn Bread Fruit 1% Milk</p> 	<p>22</p> <p>Meatballs w/Marinara & Cheese Tater Tots w/Ketchup Green Beans w/ Mushrooms Hoagie Bun Pudding 1% Milk</p> 	<p>23</p> <p>Turkey Pot Pie Steamed Potatoes Vegetables Apple Sauce 1% Milk</p> 	<p>24</p> <p>Red Chile Beef Enchiladas Spanish Rice Calabacitas Fruit 1% Milk</p> 	<p>25</p> <p>Cajun Tilapia Butter Noodles Vegetables Fruit 1% Milk</p> 
<p>28</p> <p>Salisbury w/Gravy & Mushrooms Steamed Potatoes Vegetables Fruit 1% Milk Margarine</p> 	<p>29</p> <p>Chicken Tenders w/ BBQ Sauce Brown Rice Corn w/Peppers Dinner Roll w/ Pudding 1% Milk</p> 	<p>30</p> <p>Garlic Tilapia Angel Hair Pasta w/ Diced Tomatoes Steamed Green Beans Jell-O 1% Milk</p> 	<p>31</p> <p>Frito Pie Vegetables Fruit 1% Milk</p> 	<p>"Senior Affairs Nutrition Program is proud to be part of the New Mexico Grown state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."</p>

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 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 9:30am - 10:30am (2nd Monday)
 Zumba Gold 10:45am - 11:45am
 Happy Hookers 1pm - 3pm
 Volleyball 5pm - 7pm
 Yoga: Hatha Blend 6pm - 7:15pm
 Lions Club 6pm - 7:30pm



Tuesday

NEW Walking Group 8:30am Front Entrance
 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 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Line Dance: Intermediate 1:30pm - 3:30pm
 Badminton 6pm - 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 10:45am - 11:45am
 Open Basketball 11:30am - 12:30pm
 Starter Line Dancing 12:15pm - 1:15pm
 Pinochle 1pm - 4:30pm
 Line Dance; Beg/Improver 1:30pm - 4:00pm
 Yoga: Beginning 5:30pm - 6:30pm
 Senior Men's Basketball 5:30pm - 8:45pm



Thursday

NEW Walking Group 8:30am Front Entrance
 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
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
 Wise Women Belly Dance will return April 14th

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 1pm - 4pm
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)
 Line Dancing: Intermediate 1:30pm - 3:30pm
 Volleyball 5pm - 7pm
 Basketball 7pm - 8:45pm

Saturday

Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 11am
 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)



MMMC Youth Program

St. Patrick's Day originated in the 10th Century when the Irish began to Celebrate St. Patrick on his feast day. The first St. Patrick's Day Parade was held in St. Augustine, Florida on March 17, 1601. St. Patrick's Day is celebrated in various different ways across the world. There are a few symbols that represent St Patrick's day for the world such as a three-leaf clover (if you're lucky a four-leaf clover), and a Leprechaun! This year Leprechauns will be visiting us and teaching us how to make tasty rainbows, slimy pots of gold, and Leprechaun traps!



Teen Game Night SPIKE BALL

Friday March 11, 2022
5:00 - 8:00pm



Encuentro Presenta

Talleres interactivos en español presentados por educadores comunitarios de salud

El Plato Comer Saludable

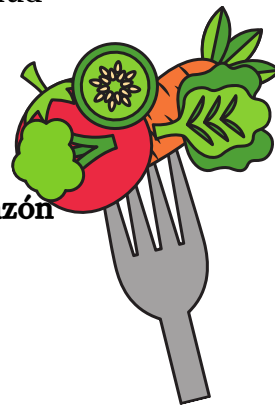
jueves, 7 de abril de
9:30 - 11:00 am

Como Comer Saludable para el Corazón

Viernes, 29 de abril de
10:00 - 11:30 am

Mi Plato para la Diabetes

martes, 24 de mayo de
1:30 - 3:00 pm



Regístrese hoy en la recepción o llame al 505-275-8731.

Shot Clinic!

Covid Vaccine, Covid Booster and
FLU shot clinics.

No appointments necessary.

Wednesday, March 23rd

1pm - 4pm



MULTIGENERATIONAL YOUTH PROGRAM RECREATION LEADER

Interview Sign Up:

Manzano Mesa
Multigenerational Center

SCAN ME



Get involved with your community & have some fun! We offer a summer & before/after school program for children ages 5-12. We play games, do crafts, teach new activities, and go on fieldtrips. In addition to hosting monthly family & community events.

<https://www.governmentjobs.com>
Apply under
Seasonal/TemporaryRecreation

