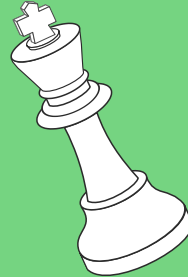




Manzano Mesa Multigenerational Center



FAMILY GAME NIGHT



Join us to Play:

BOARD GAMES
CARD GAMES
VIDEO GAMES
JUMBO GAMES

Friday, March 31
5:30 pm -7:30 pm



Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates &

Announcements

3/12: Daylight Savings Time

3/14: PI Day

3/14: March Madness

3/17: St. Patrick's Day

3/30: TRIP: Chimayo & The Pantry

3/31: FAMILY Game Night

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.

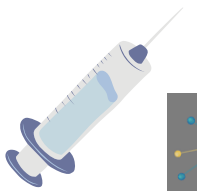
Shot clinic

Covid Vaccine,
Covid Booster and Flu Shot

Thursday, March 23rd

1:00pm - 4:00pm

Sponsored By



Monthly Birthday Party!

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

Tuesday, March 21

11:30am - 12:30pm

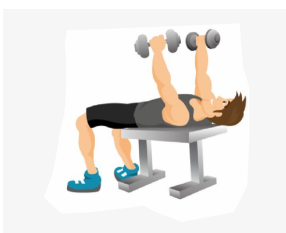
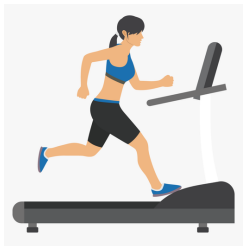
Sponsored by



Fitness Equipment Orientation

New Year, New You

Need help learning to use the
fitness equipment properly?
Call 505-275-8731 to schedule
your appointment with Angie!



Senior Tech Classes

Apple, Alexa...Who?

Wednesday, April 19th

9:00am - 10:00am

Sign up at the front desk or
call (505)275-8731



AARP[®] Driver Safety

Class:
March 24

4th Friday of the Month
1:00pm - 5:00pm

AARP Members \$20
Non-Members \$25

Pymt: Cash/Check to Instructor in class
Bring Driver's License &
AARP membership Card (if Member)



Sign up at the Front Desk

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 21st

8:30am - 12:00pm



Upcoming Trips:

Chimayo & The Pantry



Thursday, March 30TH

lunch at own expense

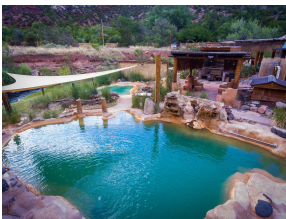
Sign up at the front desk

Check in: 9:45am

Depart: 10:00am

Return: 3:30pm

Jemez Hot Srpings & Los Ojos restuarant



Friday April, 14th

Check in: 9:45am

Depart: 10:00am

Return: 3:00pm

lunch at own expense

PROPERTY PASS/SOAK

\$25 FOR ONE HOUR

The City of Albuquerque Senior Companion Program (SCP) Needs You!

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members. All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of 10 hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage and meal reimbursements, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Get involved. Stay active. Make a difference for someone in need. Join SCP today. Call (505) 764-1007 for more information.

CAREGIVERS TOOLBOX

Workshops to provide family caregivers with the skills to prepare for the journey ahead.

Wednesdays
6:00pm - 7:30pm
March 1st - June 28th



- Caregiver Self Care
- Community Resources
- Understanding and Addressing Difficult Behavior
- Dementia 101
- Advance planning

Join Us! No pre-registration required.

For more information contact:

erin@familycaregivernm.org

(505)494-4021

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: 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
 Zumba Gold 10:45am - 11:45am \$
 Happy Hookers 1pm - 3pm
 Volleyball 5:30pm - 8:30pm
 Yoga: Hatha Blend 6pm - 7:15pm \$
 Lions Club 6pm - 7:30pm (1st & 3rd)



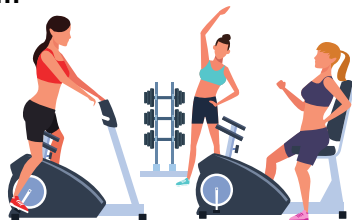
Tuesday

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 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Shuffle Board 1:00pm - 4:00pm
 Sing-a-Long 1:30pm - 2:30pm
 Line Dance: Intermediate 1:30pm - 3:30pm
 Badminton 5:30pm - 8:45pm
 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 - 1:00pm
 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 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
 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



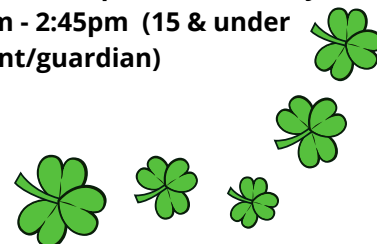
Friday

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 - 1:00pm
 Badminton 1:00pm - 4:00pm
 Clogging: Starter to Intermediate 5:00pm - 7:30pm
 Volleyball 5:30pm - 7pm
 Basketball 7:15pm - 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 (1st Saturday)
 Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)



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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>27</p> <ul style="list-style-type: none"> ◆ Salisbury Steak ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Tortilla ◆ Spinach ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Seasoned Baked Chicken ◆ Mashed Potato ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 	<p>2</p> <ul style="list-style-type: none"> ◆ Chile Dog w/Cheese ◆ Tatar Tots ◆ Seasoned Roasted Corn ◆ Seasonal Fruit ◆ 1% Milk 	<p>3</p> <ul style="list-style-type: none"> ◆ Cajun Garlic Butter Tilapia ◆ Orzo w/ Diced Tomatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 
<p>6</p> <ul style="list-style-type: none"> ◆ Beef Stroganoff/Pasta ◆ Steamed Carrots ◆ Broccoli ◆ Croissant w/Margarine ◆ Apricots ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Chicken Fajitas Beef/ Fajita Blend ◆ Flour Tortilla ◆ Calabacitas ◆ Spanish Rice ◆ Seasonal Fruit: Mandarin Orange ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Blackeye Peas ◆ Seasonal Vegetable: Okra/Diced tomatoes ◆ Yogurt ◆ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Rosemary Potatoes ◆ Green Beans ◆ Grapes ◆ 1% Milk 	<p>10</p> <ul style="list-style-type: none"> ◆ Blackened Tilapia ◆ Ancient Grains ◆ Green Peas ◆ Whole Wheat Roll w/ Margarine ◆ Sliced Peached ◆ 1% Milk 
<p>13</p> <ul style="list-style-type: none"> ◆ Baked Chicken w/Gravy ◆ Mashed Potato ◆ Seasonal Vegetable: Italian Vegetable ◆ Seasonal Fruit: Mixed Fruit ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Bean and Rice Burrito w/Red Chile Sauce ◆ Street Roasted Corn ◆ Fajita Blend Peppers ◆ Banana ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Pork Chop w/Gravy ◆ Lemon Herb Rice ◆ Beets ◆ Pears ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Lentil Minestrone Soup ◆ Seasonal Vegetable: Succotash ◆ Bread Stick ◆ Seasonal Fruit: Peaches ◆ 1% Milk 	<p>17</p> <ul style="list-style-type: none"> ◆ Corned Beef ◆ Diced Potatoes ◆ Steamed Cabbage ◆ Cookie ◆ 1% Milk 
<p>20</p> <ul style="list-style-type: none"> ◆ Chicken & Sausage Jambalaya w/Peppers & Onions ◆ Collard Greens ◆ Brown Rice ◆ Sliced Apples ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Brown Gravy ◆ Rosemary Potatoes ◆ Sliced Carrots ◆ Pineapple ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Turkey Pot Pie/ Vegetables/Biscuit ◆ Diced Potatoes ◆ Seasonal Vegetables: Zucchini ◆ Peaches ◆ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Pork Loin Roast w/ Gravy ◆ Sweet Potatoes ◆ Cauliflower/Broccoli ◆ Yogurt ◆ 1% Milk 	<p>24</p> <ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Rice Pilaf ◆ Seasonal Vegetable: Beets ◆ Seasonal Fruit: Strawberries ◆ 1% Milk 
<p>27</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Garlic Angel Hair Pasta ◆ Green Beans ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Pasta Primavera: Pen-na/Mariana/Fajita Blend/Mozzarella ◆ Steamed Broccoli/ Cauliflower/Carrots ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Sliced Ham/Macaroni and Cheese ◆ Roasted Brussel Sprouts ◆ Stewed Tomatoes ◆ Oranges ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Red Beef Enchiladas- Red Chile/Beef/ Cheese/Corn Tortilla ◆ Pinto Beans ◆ Calabacitas ◆ Seasonal Fruit: Grapes ◆ 1% Milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Garlic Buttered Salmon ◆ Brown Rice ◆ Okra/Tomatoes/ Onions ◆ Vanilla Pudding ◆ 1% Milk 

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.

SAVE THE DATE

Senior Tech

Connect Fair

Friday, April 14, 2023



Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching.

Teeniors will be at Manzano Mesa to help seniors with their laptops, phones or any technical issues.

Thursday, March 23

Thursday, March 30

Appointments will be from
3:00pm - 5:00pm

If interested make an appointment at the front desk.

Decorative Box Workshop

Students will use various materials and techniques to decorate boxes including: paint, collage, colored pencil, paper-mache, and fabric. It is suggested students bring a box with a lid (Shoe box, hat box, cigar box). It is encouraged to bring personal mementos to incorporate in the box. Additional materials will be provided.

CLASS STARTS
March 6th- April 10th
Mondays 1:00 pm-4:00 pm

Taught by:

Leslie Blaustein

