

## May 2022

Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual "A Senior I Know" Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year's celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars "May the Fourth Be With You" Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque's older adults and the impact they have made on our community!

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

Miguel Lucero,

Mailiya Williams,

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

**5/4: Senior I Know Essay Contest**

**5/5: Cinco de Mayo**

**5/6: Mother's Day Celebration**

**5/19: Older Americans Month Car show**



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.**

## ENCUENTRO PRESENTA

Talleres interactivos en español presentados por educadores comunitarios de salud

**Mi Plato para la Diabetes**  
martes, 24 de mayo de  
1:30pm - 3:00 pm



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

## AGELESS ARTISAN CRAFT FAIR



Featuring works from senior center artisans!  
**Saturday May 21, 2022**  
9:00am to 1pm



North Domingo Multigenerational Center  
Transportation available  
Sign up at the front desk

## 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, and blood glucose check and referrals if indicated.

**Tuesday May 17, 2022**  
8:30am - 12:00pm



## MONTHLY BIRTHDAY PARTY!

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



**Tuesday May 24, 2022**  
9:30am-10:30am

## WELCOME TO MANZANO MESA

You may have seen a new face in the kitchen. Come on by and say hello to Leroy Chambers our new cook!



## FRIENDSHIP COFFEE

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

**Monday May 9, 2022**  
9:30am-10:30am



## VACCINE CLINIC

Covid Vaccine, Covid Booster and  
No appointments necessary.

**Friday May 27, 2022**  
1:00pm - 4:00pm



Sponsored by: BestBuy Drugs

## FUNCTIONAL FITNESS

Tuesday  
6:30 - 7:30pm



## PERSONAL DEFENSE

Tuesday  
7:30 - 8:30pm



## SING A LONG

Members wanted  
share your talent!

If you are interested  
please see the front desk



## SUMMER YOUTH PROGRAM LOTTERY DATES



Lottery Registration – 5/2-5/13/22

Lottery Drawing – 5/16/2022

Registration – 5/18-5/27/2022

[Play.cabq.gov](http://Play.cabq.gov)

Summer Program Dates:

6/13/22-8/5/2022

**\$30 a month per child**

## UPCOMING TRIPS ELECTRIC PLAYHOUSE

Electric Playhouse was built with one big idea: play is important for everyone. You never grow out of having fun and we're so proud that everyone, ages 3-80 can come and have a great time at the Playhouse.

**Cost: \$18 payable on day of trip**  
**Tuesday May, 17 2022**

**Check in: 1:15pm**  
**Return: 4:30pm**

**Please sign up at the front desk**



## TARDE DE ORO

An exciting production that showcases our rich, ever evolving and uniquely colorful history of New Mexico through dance.



**Thursday May 12, 12:00pm**  
**Transportation Provided**

**Please Sign Up at  
Front Desk**

## SENIOR FITNESS DAY AT BIO PARK

Join us for group exercise  
demos & a mini health fair

**May 25, 2022**

**9:00am to 12:00pm**

**FREE Call 311 to register!**



Transportation available  
Sign up at the front desk!

## 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

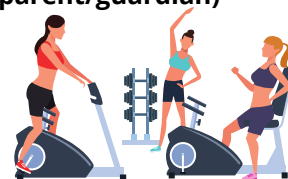
Fitness Room 8am - 8:45pm  
 Billiards 8am - 3pm / 5:30pm - 8:45pm  
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm  
 Flex & Tone 8:15am - 9:15am  
 Tai Chi 9am - 10am  
 Pottery 9am - 1pm  
 Computer Lab 9am - 11:15am  
 Pickleball Training 9:30am - 11:30am  
 Open & Senior Men's Basketball 11:30am - 1:00pm  
 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)



# May 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> <li>◆ Chicken Tender with BBQ Sauce</li> <li>◆ Green Beans</li> <li>◆ Sweet Potatoes</li> <li>◆ Diced Peaches</li> <li>◆ 1% Milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Salmon with Garlic Butter Sauce</li> <li>◆ Vegetables</li> <li>◆ Brown Rice</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Stir Fry: Beef/ Broccoli/Pepper/ Onions</li> <li>◆ Steamed Carrots</li> <li>◆ Orzo</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Turkey Pot Pie: Turkey/Mixed Vegetables</li> <li>◆ Diced Beets with Onions</li> <li>◆ Biscuit</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Southwest Omelet with Red Chile</li> <li>◆ Diced Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 
9 <ul style="list-style-type: none"> <li>◆ Ground Beef/Diced Tomato/Cheese</li> <li>◆ Calabacitas</li> <li>◆ Pinto Beans</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>◆ Cheese Tortellini with Meat Sauce</li> <li>◆ Breadstick</li> <li>◆ Vegetables</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul> 	11 <ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork with Pineapple</li> <li>◆ Brown Rice</li> <li>◆ Vegetables</li> <li>◆ Honeydew</li> <li>◆ 1% Milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Cajun Tilapia</li> <li>◆ Vegetables</li> <li>◆ Cornbread</li> <li>◆ Strawberries</li> <li>◆ 1% Milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Chicken Breaded Patty with White Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Vegetables</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 
16 <ul style="list-style-type: none"> <li>◆ Red Chile Beans with Beef</li> <li>◆ Cornbread</li> <li>◆ Peach Cobbler</li> <li>◆ 1% Milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Baked Cod with Tartar Sauce</li> <li>◆ Brown Rice</li> <li>◆ Vegetables</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Salisbury Steak with Mushroom/Gravy</li> <li>◆ Vegetables</li> <li>◆ Mashed Potatoes</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Baked Chicken Thigh</li> <li>◆ Collard Greens</li> <li>◆ Succotash</li> <li>◆ Pineapple Chunks</li> <li>◆ 1% Milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ BBQ Pulled Pork</li> <li>◆ Sweet Potato</li> <li>◆ Vegetables</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul> 
23 <ul style="list-style-type: none"> <li>◆ Garlic Tilapia</li> <li>◆ Stewed Tomatoes</li> <li>◆ Green Beans</li> <li>◆ Jell-O</li> <li>◆ 1% Milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>◆ Spaghetti with Meat Sauce</li> <li>◆ Spinach with Onions</li> <li>◆ Warm Sliced Apples</li> <li>◆ 1% Milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Corn with Peppers</li> <li>◆ Vegetables</li> <li>◆ Honeydew</li> <li>◆ 1% Milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Sliced Turkey and Gravy</li> <li>◆ Stuffing</li> <li>◆ Vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Mini Corn Dog with Mustard</li> <li>◆ Steamed Potato</li> <li>◆ Vegetables</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 



*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.*

**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.**

**MANZANO MESA  
MULTIGENERATIONAL CENTER**

***In Honor of Older  
Americans Month***

# **CAR SHOW**

**& ROOT BEER FLOATS**



**THURSDAY  
MAY 19, 2022  
11:00 - 2:00PM**