

FREE

FRIENDSGIVING BINGO

FRIDAY, NOVEMBER 1, 2024

6:00PM-8:00PM

WINNER, WINNER,
TURKEY DINNER!



Ageless Artisan

Craft Fair



ONE ALBUQUERQUE senior affairs



NOVEMBER

SATURDAY

16

9 AM-1 PM

Manzano Mesa Multigenerational Center
501 Elizabeth St. SE, 87123
505-275-8731

Just in Time for the Holidays!

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

Center Hours

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

Center Staff

Brittani Torres, Center Manager
Esperanza Molina, Center Supervisor
Suzanne Reyes, Coordinator
Josephine Griego, Coordinator
Ann Poydack, Office Assistant
Katherine Jimenez,
Alexia Watson-Gallegos,
Vacant
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

- 11/1: Friendsgiving BINGO
- 11/7: Veterans Wall Celebration
- 11/7: Casa Flamenca Performance
- 11/8: Roadrunner Food Bank
- 11/11: CLOSED
- 11/15: Gym Closed
- 11/16: Ageless Artisan Craft Fair
- 11/19: Tech BINGO
- 11/19: GHEM Clinic
- 11/20: Dinner Social With Suzanna
- 11/21: Tech Thursday
- 11/22: TRIP: HSC Medicare Fair
- 11/25: Teeniors
- 11/28: CLOSED
- 11/29: CLOSED

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.



Mobile Food Pantry

We will have a mobile food pantry for the community supplied by Roadrunner Food Bank. Groceries will be distributed in the gym.

Friday, November 8, 2024
2:00pm-4:45pm



Join us as we honor all who served
on
Thursday, November 7, 2024
10:00 am - 11:00 am

Unveiling of New Veterans' Wall
Refreshments and a Special Gift for
Veterans

Thanksgiving Day Luncheon

At North Valley Senior Center
Thursday, November 28th
DOORS OPEN AT 11:00AM
11:30 AM - 1:00 PM



TICKETS GO ON SALE FRIDAY, NOVEMBER 1ST
YOU MUST HAVE A TICKET.

COST: \$4.00

TICKETS ARE NON-REFUNDABLE

CENTER WILL NOT BE OPEN FOR ACTIVITIES.



Beyond Walls Tech Thursday



Join us every last Thursday of the Month for Tech Thursday, classes provided by the Beyond Walls Program.

Thursday, November 21, 2024

10:00am-11:00am

Sign up at the front desk



Tech Bingo Tuesday

Join us every last Tuesday of the Month for Bingo Tuesdays, Bingo provided by the Beyond Walls Program.

Tuesday, November 19, 2024

10:00am-11:00am

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

SIGN UP AT THE FRONT DESK



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, November 19, 2024

9:00am-12:00pm





NOVEMBER 2024



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
28 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 
4 <ul style="list-style-type: none"> ◆ Pork Loin w/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% milk 	5 <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Italian Blend Vegetables ◆ Tater Tots w/ Ketchup ◆ Orange ◆ 1% milk 	6 <ul style="list-style-type: none"> ◆ Chicken Fajita w/ Fajita Blend ◆ Diced Potatoes ◆ Pinto Beans ◆ Red Apple ◆ 1% milk 	7 <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Normandy Blend ◆ Cherry Cobbler ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Steak Fingers w/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Sugar Cookie ◆ 1% milk 
11  <p>VETERANS DAY</p>	12 <ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Biscuit w/ Margarine ◆ Sweet Potatoes ◆ Mixed Fruit ◆ 1% milk 	13 <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich w/ Mozzarella ◆ Diced Potatoes w/ Ketchup ◆ Normandy Blend ◆ Mandarin Oranges ◆ 1% milk 	14 <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hashbrowns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Vanilla Pudding ◆ 1% milk 
18 <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Steamed Carrots ◆ Granny Smith Apple ◆ 1% milk 	19 <ul style="list-style-type: none"> ◆ Beef w/ Peppers & Onions ◆ Black Beans ◆ Imperial Blend ◆ Banana ◆ 1% milk 	20 <ul style="list-style-type: none"> ◆ Beef Tips w/ Elbow Macaroni ◆ Roasted Carrots ◆ Sliced Beets ◆ Vanilla Pudding ◆ 1% milk 	21 <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Alfredo Sauce ◆ Northwest Blend ◆ Breadstick ◆ Peaches ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ Breaded Cod Fish w/ Tarter Sauce ◆ Steamed Red Potatoes ◆ Peas ◆ Orange ◆ 1% milk 
25 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Corn w/ Red Peppers ◆ Grapes ◆ 1% milk 	26 <ul style="list-style-type: none"> ◆ Carne Adovada w/ Red Chile ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Pineapple ◆ 1% milk 	27 <ul style="list-style-type: none"> ◆ Herb Roasted Turkey w/ Gravy ◆ Stuffing w/ Gravy ◆ Green Bean Casserole ◆ Dinner Roll ◆ Pumpkin Cake ◆ 1% milk 	28  <p>Happy Thanksgiving</p>	

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.
 Please call 505-275-8731 to make your reservation by 1:00pm the day prior.

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
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
Zumba: 7:00pm-8:00pm \$
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
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 2:00pm - 4:00pm
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 - 2:24pm (3rd Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

*All classes subject to change

**Manzano Mesa will be closed
the following days:**

**November 11, 2024 in
observance of Veteran's Day**

**November 28th and 29th in
observance of Thanksgiving**

HSC Medicare Fair Trip

Friday, November 22, 2024

Check in: 8:15am

Depart: 8:30am

Return: 2:00pm

Sign up at the
front desk



Join us for two Performance by
Casa Flamenca in the Social Hall

Thursday, November 7, 2024

1st performance 12:00pm

2nd performance 5:00pm



**ONE
ALBUQUE
RQUE**

TEENIORS
tech-savvy teens empowering seniors
FREE WORKSHOP!

Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology, while providing paid, meaningful jobs for youth in N.M.!

November 25, 2024

2:00pm-4:00pm

**Call 505-275-8731 to schedule
your appointment**

Social With Suzanne

I am thrilled to be apart of the Manzano Mesa Multigeneration Center. My love for children began over 23 years ago working with age groups Birth to School-Age. I am passionate about supporting every child through quality experiences that focus on a childs growth, development, and learning. I have lived in Albuquerque most of my life. I married my husband 27 years ago and have 2 adult daughters. I love to spend time hiking in the early morning and have a camp fire at night in Northern NM.

**Join us for a dinner to welcome our new Youth Coordinator Suzanne
to the team!**

Wednesday, November 20, 2024

5:30pm-7:00pm

Manzano Mesa Events and Happenings



Blue Cross and Blue Shield of New Mexico **CARE VAN® EVENT** 9 a.m. to noon

MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

**WEDNESDAY
OCTOBER 23**

North Domingo Baca
Multigenerational
Center

**WEDNESDAY
NOVEMBER 13**

Barelas
Senior Center

**WEDNESDAY
DECEMBER 4**

Palo Duro
Senior Center

Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!
The Medicare 101 will take place from 10 - 11 a.m. inside the center.
Pre-registration is required for the presentation.



Transportation Provided
Visit your center's front desk for more information or to sign up.



Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations.

Deliver donations by:
November 27, 2024

Drop off location:
**Any CABQ Senior or
Multigenerational Center**

NEW items needed:

- Protein Drinks (i.e. Ensure, Boost)
- Depends
- Socks
- Cleaning Supplies
- Laundry Detergent
- Manicure & Grooming Sets
- Tissue/Toilet Paper

For more information or drop location hours and directions, call (505)764-6400



MEDICARE FAIR Event Series



Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Locations/Times

North Domingo Baca Multigenerational Center
Thursday, October 17, 2024
9 AM - 11 AM

Barelas Senior Center
Friday, October 25, 2024
9 AM - 11 AM

Santa Barbara Martineztown
Multigenerational Center
Friday, November 8, 2024
9 AM - 11 AM

Highland Senior Center
Friday, November 22, 2024
9 AM - 11 AM

Call 505-764-6400 for more information

Holiday Tree Trimming Party

Tuesday, December 3, 2024

10:30am-11:30am

Help us to decorate our Lobby Tree!

Sign up at the front desk