

November 2022



Who-Bilation

HOLIDAY CHEER

CELEBRATE WITH FRIENDS

We have a wonderful awful idea to gather for fun, popcorn and crafts!

Friday, December 16th
Activities and Seating 5pm-6pm
Movie Starts at 6pm



In Observance of
Veterans Day
& Thanksgiving Day,
Manzano Mesa
will be closed
Nov. 11th, 24th & 25th

Center Hours

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

Sun: Closed

Center Staff

Natasha Montoya, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistant

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

11/3: Car Seat Safety for Seniors

11/4: TRIP: Hubbell House

11/7: SCLO; Scams & Identity Theft Class

11/10: Bern Co. Treasurers Office

11/16: TRIP: Meateor Burger/Old Town

11/19: ARTISAN CRAFT FAIR

11/21: Covid Booster Clinic

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.

Featuring works made at Manzano Mesa!



**Congratulations to Davitta for taking
1st, 2nd and 3rd Place at the State Fair.
Join us for pottery Tuesday and
Thursday.**

Up Up and Away Paper Mache Series



**Check out two pieces created in our
Up Up and Away with Paper Mache
series. Be on the look out for future
art workshops!**

Medicare Fair

Learn all about Medicare eligibility, enrollment and other affordable options. Ask the experts about benefits and features for 2023 and make sure your plan is right for you. Participants can enter to win randomly-drawn door prizes.



**Tuesday, November 29th
9:00am – 11:00am**

SHOT CLINIC

Covid Vaccine and Covid Booster
No appointments necessary. High dose flu shots recommended by the CDC for seniors aged 65+, as well as the regular strength for everyone else

**Monday, November 21st
1:00pm- 4:00pm**
Sponsored by:



Bernalillo County Treasure

Have questions about your property taxes? Staff will be on site to answer any questions you might have.

**Thursday, November 10th
11:00am– 1:00pm**



Upcoming Trips:

GUTIERREZ-HUBBELL HOUSE & ABUELITA'S NM KITCHEN



This house is a 5,700 square foot adobe structure that dates back to the 1860's and is on the National Register of Historic Places.

Friday November, 4th

Check In: 9:30am

Depart: 9:45am

Return: 2:00pm

Best Green Chile Cheeseburger



Join us on a delicious hunt for the best green chile cheeseburger in Albuquerque and visit some fun places!

Meateor Burger & Old Town

Wednesday, November 6th

Check In: 9:00am

Return: 2:00pm

Restaurant Owl Cafe &

Atomic Museum

Wednesday, December 14th

Check In: 9:00am

Return: 2:00pm

Sign up at the front desk

Hearing Presentation & Screening

Learn about the importance of hearing health.

Presentation:

Tuesday, November 15, 2022

10:15 - 11:15am



Screening:

Thursday, December 8, 2022

9:00 - 11:30am

Sign up at front desk

Friendship Coffee

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

2nd and 4th Tuesday of the Month.

Tuesday November 8th

Tuesday November 22nd

10:30am-11:30am



Senior Law Office Presentations

Scams & Identity Theft

November 7th

Be a Smart Shopper

December 7th

10- 11:30am

Sign up at the front desk



Car Seat Safety for Seniors

Are you taking care of young children?

Want to keep them safe in the car? Learn

how to protect children in vehicles, and

install car seats correctly.

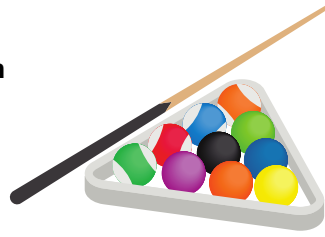
Thursday, November 3rd

6:30pm



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
Line Dance: Intermediate 1:30pm - 3:30pm
Badminton 5:30pm - 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 - 8:45pm
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
Sing_A-Long 1:30pm - 2:30pm
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 (Last Thursday)

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
Manzano Mesa Cloggers 5:00pm - 6:30pm
Volleyball 5:30pm - 7pm
Basketball 7pm - 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 (3rd Saturday)
Escibiente Calligraphy Society 1pm - 3pm (3rd Saturday)
Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Seasonal Fruit ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk  	<p>8</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Chicken W/Stir Fry Vegetables ◆ Seasonal Vegetables ◆ Brown Rice ◆ Fortune Cookie ◆ 1% Milk  	<p>9</p> <ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit W/Margarine ◆ 1% Milk  	<p>10</p> <ul style="list-style-type: none"> ◆ BBQ Pork ◆ Roasted Sweet Potatoes ◆ Collard Greens ◆ Watermelon ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk  	<p>11</p> <p style="text-align: center;">Closed Veterans Day</p>
<p>14</p> <ul style="list-style-type: none"> ◆ Lemon Garlic Salmon/ Ancient Grain Blend ◆ Green Beans ◆ Succotash ◆ Seasonal Fruit ◆ 1% Milk  	<p>15</p> <ul style="list-style-type: none"> ◆ Meatballs W/Marinara Sauce ◆ Steak Fries ◆ Seasonal Vegetables ◆ Banana ◆ Whole Grain Hoagie Roll ◆ 1% Milk  	<p>16</p> <ul style="list-style-type: none"> ◆ Baked Seasoned Chicken W/Rice Pilaf ◆ Diced Beets ◆ Roasted Brussel Sprouts ◆ Chocolate Pudding ◆ 1% Milk  	<p>17</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spinach & Onions ◆ Pinto Beans ◆ Flour Tortilla ◆ Seasonal Fruit ◆ 1% Milk  	<p>18</p> <ul style="list-style-type: none"> ◆ Pasta Primavera W/Stir Fry Vegetables & Alfredo Sauce ◆ Steamed Zucchini ◆ Breadstick ◆ Seasonal Fruit ◆ Yogurt ◆ 1% Milk 
<p>21</p> <ul style="list-style-type: none"> ◆ Breaded Cod W/ Tartar Sauce over Brown Rice ◆ Spinach W/Onions ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk  	<p>22</p> <ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Hash Browns ◆ Whole Grain Biscuit W/Margarine ◆ Mandarin Oranges ◆ 1% Milk  	<p>23</p> <ul style="list-style-type: none"> ◆ Roasted Turkey W/ Combread Stuffing & Gravy ◆ Seasoned Green Beans ◆ Bake Yams W/ Marshmallows  ◆ Dinner Roll W/ Margarine & Cranberry Sauce ◆ Pumpkin Empanada & Pumpkin Pie 	<p>24</p> <p style="text-align: center;">Holiday Closed</p> <p>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.</p> 	<p>25</p> <p style="text-align: center;">Holiday Closed</p> <p>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.</p> 
<p>28</p> <ul style="list-style-type: none"> ◆ Breaded Catfish W/ Tatar Sauce over Brown Rice ◆ Stewed Tomatoes ◆ Collard Greens ◆ Pineapple ◆ 1% Milk  	<p>29</p> <ul style="list-style-type: none"> ◆ Spaghetti W/Meat Sauce ◆ Sliced Mushrooms ◆ Italian Blend Vegetables ◆ Seasonal Fruit ◆ 1% Milk  	<p>30</p> <ul style="list-style-type: none"> ◆ Pork Chop W/ Roasted Sweet Potatoes ◆ Green peas ◆ Seasonal Vegetables ◆ Applesauce ◆ 1% Milk  	<p>Dec. 1</p> <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Diced Tomatoes ◆ Bell Peppers W/ Onions ◆ Mixed Fruit ◆ Whole Grain Hamburger Bun ◆ 1% Milk  	<p>Dec. 2</p> <ul style="list-style-type: none"> ◆ BBQ Baked Chicken W/Ancient Grains ◆ Green Beans ◆ Corn ◆ Croissant W/ Margarine ◆ Grapes ◆ 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.

Ageless Artisan Craft Fair Winter Edition

Just in time for holiday shopping!

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

Artisan Fair | Food Trucks | Arts & Crafts Kids Corner | Classic Car Show



NOVEMBER 19, 2022 | 9AM - 1PM
MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH SE 87123
cabq.gov/seniors