



Manzano Mesa Multigenerational Center Newsletter

Department of Senior Affairs

501 Elizabeth, Albuquerque NM
505.275.8731

Center Hours

M-F: 8a-5p Sat: 9a-3p Sun Closed

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone’s duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren’t vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our “Coffee with the Director” event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me. Our promise is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone’s continued cooperation as we continue to evolve and do our very best to support our community. Take Care and Stay Well,

Anna Sanchez, Director



Join us for September's Family Night!

Manzano Mesa Presents

OUTDOOR FAMILY MOVIE NIGHT

SEPTEMBER 30TH
MOVIE TO BE ANNOUNCED

Popcorn, Hot Dogs & Nachos will be served

Please bring a picnic blanket



We will be closed September 6th in Observance of Labor Day



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

Friendship Coffee

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

2nd Monday of the Month

9:30am-10:30am

Sponsored by: Oak Street Health



Resource Fair

A convention of free health booths

Sponsored by Albertsons Market

Pharmacy

Get your flu shot while you're here!

September 29th 2021

9:00am - 11:00am



25th Prime Time Expo

Free Health Screenings and Entertainment!

Registered members of any of our Senior or Multigenerational Centers can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required.

October 13, 2021

8am – 1:30pm

Family Game Night!

Thanks for coming out!



Manzano Mesa Monthly Lunch Menu

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.

September

MONDAY

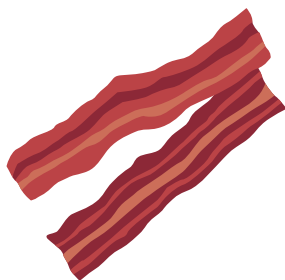
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30. Sliced ham Cornbread Pinto beans Collard Greens Peaches	31. Asian Beef Stir Fry Buttered Noodles Garlic breadstick Pineapple	1. Fish & Chips Stewed Tomatoes Sliced apples 1% Milk	2. Chicken Alfredo Green beans Garlic breadstick Strawberries 1% Milk	3. Cheeseburger Tater Tots Lettuce/Tomato/ Onion/Pickle Pears
6. CLOSED LABOR DAY	7. Cod Fish w/Tartar sauce Rosemary potatoes Brussel sprouts	8. Beef Tips w/Gravy Bow Tie Pasta California blend Pineapple	9. Baked Ziti w/Fajita blend Italian blend Garlic breadstick Pudding	10. Pulled Pork w/ BBQ Ranch Beans Spinach w/Onions Dinner roll
13. Teriyaki chicken Oriental veggies Buttered noodles Fortune Cookies	14. Pollock fish w/Tartar sauce Au Gratin Potatoes Orange	15. Pork Carnitas Pinto Beans Calabacitas Flour Tortilla Jell-O w/Fruit	16. Roast Beef w/Brown Gravy Peas & Carrots Roasted Red Potatoes	17. Green Chile cheeseburger Tater tots w/Ketchup Broccoli
20. Pasta Primavera Diced tomatoes Garlic breadstick	21. Rotisserie chicken Mashed potatoes Green beans Peach	22. Meatloaf w/Gravy Mac & Cheese Sliced Carrots Pineapple	23. Chili Bowl- Beef/Beans/Red Chile Succotash Cornbread	24. Herb Pork Loin w/Gravy Scalloped Potatoes Apple Sauce
27. Chicken & rice casserole Broccoli Cherry Cobbler 1% Milk	28. Salmon w/Lemon butter sauce Rosemary potatoes	29. Sweet & sour pork Stir fry blend Buttered noodles Peaches	30. Red beef enchiladas Pinto beans Spanish rice Yogurt	31. Turkey tetrzzini Italian blend Breadstick Cookie



Breakfast Is back!
Please join us Monday-Friday
8am-9am for breakfast.



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
 Badminton 1pm - 4pm
 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
 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
 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
 Wise Women Belly Dance 6:15pm - 7:15pm

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 9:30am - 12pm
 Open & Seniors Men's Basketball 11am - 1pm
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)
 Line Dancing: Intermediate 1:30pm - 3:30pm
 Volleyball 5pm - 7pm
 Kendo Kai 6:30pm - 8:30pm
 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
 Cherokees of NM 12pm - 2:45pm (3rd Saturday)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)

