

### Message from Director:

Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigen center during lunch, or online at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.



- Anna M. Sanchez, Director

### Center Hours

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

Sun: Closed

### Center Staff

**Brittani Torres, Center Manager**

**Esperanza Molina, Center**

**Supervisor**

**Vacant, 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

9/2: CLOSED

9/4: Mariachi's at lunch

9/6: Barelitas Fiesta's

9/9: Family Portraits

9/9 : TRIP: State Fair

9/10 1st Responders Day

9/12: TRIP: Isotopes

9/13: Fall Craft Fair

9/16: DSA Advisory Council

9/17: CHEM Clinic

9/20: Veterans Headshots

9/20: Road Runner Food Bank

9/24: Tech BINGO

9/25: TRIP: Hot Springs

9/26: Tech Thursday

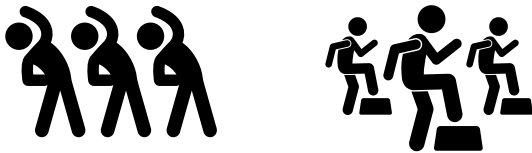
9/27: Movie in the Lobby

9/27: AARP Defensive Driving

**Manzano Mesa will be closed  
September 2, 2024 in  
observance of Labor Day**



**Aerobics will be cancelled August  
19th-September 6th. It will resume  
September 9th.**



**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, September 20, 2024  
2:00pm-4:00pm**



**September 27, 2024  
1:00pm-5:00pm**

**AARP Members: \$20.00  
Non-Members: \$25.00**

**SIGN UP AT THE FRONT DESK**



**Pymt: Cash/check to instructor in class  
Bring Drivers License & AAARP Membership Card**

**Beyond Walls  
Tech Thursday**



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

**Thursday, September 26, 2024**

**10:00am-11:00pm**

**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, September 24, 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, September 17, 2024**

**9:00am-12:00pm**

# September 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
<p>2</p> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Cod Fish over Brown Rice w/ Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Brussel Sprouts</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk </li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>♦ Beef Tips in Brown Gravy over Bowtie Pasta</li> <li>♦ Steamed Broccoli</li> <li>♦ Roasted Carrots</li> <li>♦ Pineapple</li> <li>♦ 1% milk </li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>♦ Vegetable Posole w/ Corn, Beans, Peppers, &amp; Green Chile</li> <li>♦ Cauliflower</li> <li>♦ Cornbread</li> <li>♦ Grapes</li> <li>♦ 1% milk </li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>♦ BBQ Pulled Pork</li> <li>♦ Ranch Beans</li> <li>♦ Spinach w/ Onions</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Peach Cups</li> <li>♦ 1% milk </li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>♦ Teriyaki Chicken w/ Stir Fry Vegetables &amp; Soy Sauce</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Brown Rice</li> <li>♦ Mandarin Oranges</li> <li>♦ Fortune Cookie</li> <li>♦ 1% milk </li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Parsley Potatoes</li> <li>♦ Green Peas</li> <li>♦ Banana</li> <li>♦ Cornbread</li> <li>♦ 1% milk </li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>♦ Pork Carnitas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Flour Tortilla</li> <li>♦ Grapes</li> <li>♦ 1% milk </li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera w/ Broccoli &amp; Diced Tomatoes/Parmesan</li> <li>♦ Spinach</li> <li>♦ Garlic Breadstick</li> <li>♦ Blueberries</li> <li>♦ Greek Yogurt</li> <li>♦ 1% milk </li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>♦ Roast Beef w/ Brown Gravy</li> <li>♦ Sliced Carrots</li> <li>♦ Mashed Potatoes</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Applesauce</li> <li>♦ 1% milk </li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>♦ Meatloaf w/ Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Sliced Carrots</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% milk </li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>♦ Rotisserie Chicken over Brown Rice</li> <li>♦ Sliced Beets</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Banana</li> <li>♦ 1% milk </li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>♦ Chili Bowl: Beef, Beans &amp; Red Chile</li> <li>♦ Succotash</li> <li>♦ Cornbread</li> <li>♦ Fresh Grapes</li> <li>♦ 1% milk </li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>♦ Southwest Omelet: Egg, Cheese, Red &amp; Green Peppers, Onion w/Green Chile</li> <li>♦ Stewed tomatoes</li> <li>♦ Hash Browns</li> <li>♦ Flower Tortilla</li> <li>♦ Peaches</li> <li>♦ 1% milk </li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>♦ Herb Pork Loin w/Gravy over Ancient Grain Blend</li> <li>♦ Cauliflower</li> <li>♦ Sautéed Zucchini</li> <li>♦ Applesauce</li> <li>♦ 1% milk </li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken &amp; Rice Pilaf</li> <li>♦ Corn &amp; Red Peppers</li> <li>♦ Broccoli</li> <li>♦ Yogurt</li> <li>♦ 1% milk </li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>♦ Salmon w/ Lemon Butter Sauce</li> <li>♦ Roasted Rosemary Potatoes</li> <li>♦ Italian Vegetable Blend</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Pear Cups</li> <li>♦ 1% milk </li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour Pork w/ Stir Fry Vegetables</li> <li>♦ Steamed Cabbage</li> <li>♦ Warm Sliced Apples</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ 1% milk </li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>♦ Enchiladas: Cheese, Green Chile, &amp; Corn Tortillas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Sugar Cookie</li> <li>♦ 1% milk </li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrizzini: Turkey, Spaghetti, &amp; Green Peas</li> <li>♦ Italian Vegetable Blend</li> <li>♦ Breadstick</li> <li>♦ Cherry Cobbler</li> <li>♦ 1% milk </li> </ul>

**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.**

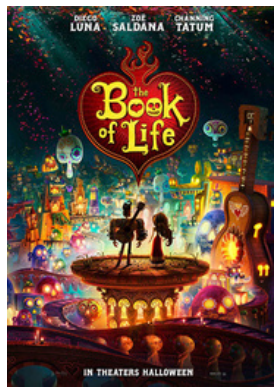
# Movie in the Lobby

Friday, September 27, 2024

10:00am

Book of Life

Sign up at the front desk



# State Fair Trip

Monday, September 9, 2024

Check in: 9:00am

Depart: 9:15am

Return: 3:00pm

Sign up at the front desk



At own expense

# Isotopes Trip

Thursday

September 12, 2024

Check in: 9:45am

Depart: 10:15am

Return: 4:00pm



At own expense

Sign up at the front desk

# Hot Springs Trip

Wednesday

September 25, 2024

Check in: 8:45am

Depart: 9:00am

Return: 2:00pm



At own expense

Sign up at the front desk

# Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

Monday, September 16, 2024

12:00pm-1:30pm

Manzano Mesa Multigenerational Center

# FAMILY PICTURE DAY

Free Family photos. One Grandparent/child picture & one family picture. The backdrop will be grey.

MONDAY, SEPTEMBER 9, 2024

4:30PM-5:30PM



Sign-up at the front desk  
By appointment only

## 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 1:30pm - 3:30pm  
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  
Friendship Coffee 9:00am - 12:00pm  
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 5:30pm - 8:30pm  
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 \$  
Open Basketball 12:00am - 1:30pm  
Pinochle 1:00pm - 4:00pm  
Badminton 1:30pm - 3:30pm  
Line Dance: Beg/Improver 1:30pm - 3:30pm  
Yoga: Beginning 5:30pm - 6:30pm \$  
Senior Men's Basketball 6:30pm - 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)  
Friendship Coffee 11:00am - 1:00pm  
Open & Senior Men's Basketball 11:30am - 12:30pm  
Artist Corner 1:00pm - 4:00pm  
**Bingo 2:00pm - 4:00pm-will resume October 3**  
Pickleball 1:00pm - 4:00pm (canceled on food pantry day)  
Badminton 6:30pm - 8:30pm  
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 10:30am - 1:30pm  
Badminton 1:30pm - 3:30pm  
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  
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)  
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



**FALL  
CRAFT FAIR**

**September 13, 2024**  
1:00pm - 4:00pm



**Happy  
National Hispanic Heritage  
Month**

Reserve for lunch Wednesday,  
September 4th, to enjoy  
Mariachi Music




**Veterans Headshots**  
Get professional headshots  
and be featured on our  
veterans wall.

**Friday, September 20, 2024**  
9:00 am-1:00 pm



**By appointment ONLY**  
Sign up at the front desk



**HAPPY FIRST  
RESPONDERS  
DAY!**

Join us in the lobby to celebrate  
the heroes of our community  
with some treats and a HUGE  
thank you.

**Tuesday, September 10, 2024**  
10:00am-11:00am