

September 2022

Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities. Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance through our home services department.
 - 38,944 transportation rides for older adults through our senior transportation services.
 - 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
 - 293,103 community members that participated in socialization programming through senior meal program sites.
- Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

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

Mailiya Williams,

Program Assistant

Katherine Jimenez,

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

9/05: CLOSED for Labor Day

9/07: Conference on Aging Watch Party

9/08: Conference on Aging Watch Party

9/12: TRIP: Senior Day at the Fair

9/15: Family Movie Night: The Sandlot

9/22: AFR Fall Prevention Class



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.

Blue Cross Blue Shield of N.M. Care Van



Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10am-11am at senior and multigenerational centers. Sign up at the front desk.

Event Dates:

NDB Multigenerational Center | Sept 28

Highland Senior Center | Oct 7

Manzano Mesa Multigenerational Center | Oct 20

Los Volcanes Senior Center | Oct 28

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

Friday, September 30

1:00pm- 4:00pm

Sponsored by:



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 20

8:30am - 12:00pm



44th Annual Conference on Aging Watch Party!

Manzano Mesa and the conference on aging are teaming up to provide a watch party complete with live entertainment featuring **Roger Burns 9/7 and La Amistad 9/8**. Please join us for workshops that effect you and your loved ones! Visit with front desk staff for more information or to sign up so we know you'll be attending our event and register for the conference:

at <https://coa.altsd.state.nm.us/node/14227454>

**Manzano Mesa
September 7th & 8th
8:00am-4:30pm**



Senior Law Office

Senior Law Office is presenting the in's and out's of **Estate Planning**. Reserve your spot at the front desk today!

Thursday, September 22

9:00am -10:00am



Be Brave Fall Prevention

Albuquerque Fire Rescue is proud to offer Be BRAVE.

Be BRAVE is a dynamic discussion & practice 90-120 min. session aimed at discussing the fear of FALLING and its affect on daily life. The discussion will include but not limited to:

- Breathing (anatomy of breathing)
- Objective date: history of falls.
- Gait Strength and Balance
- Definition of a fall
- Fear cycles of falls
- How to get up off the ground



Thursday, September 22

10:00am - 11:30am

Upcoming Trips:

Senior Day at the New Mexico State Fair

Monday, September 12

Check in: 9:30am

Return: 3:30pm



Sign up at the front desk

Toastmasters

Have fun while improving your speaking & leadership skills at any Speakers with Distinction Toastmasters meeting.

Thursdays 5:30 pm.



Special Thanks to NM United for celebrating National Senior Citizen Day with us!



AARP Driver Safety



Driver Safety

Manzano Mesa will be offering
AARP Driver Safety Courses.

Starting September 23rd!

4th Friday of the Month

1:00pm - 5:00pm

AARP Members \$20, Non-Members \$25

Please Sign up at the front desk

Paper Mache Class

Remember Paper Mache as a kid?
Join us for a sophisticated version of
making a Paper Mache hot air balloon!



A 6 week class starting
Monday, September 12th

1:00pm - 4:00pm

Sign up at the front desk

Primetime Expo

OCTOBER 11TH 2022
8AM TO 1:30PM
EMBASSY SUITES
 1000 WOODWARD PL NE,
 ABQ, NM 87102 (LOMAS & I-25)
**Free Health Screenings,
 Entertainment and Much More!**
 Call 505-242-2428 For More Information

Brought to you by:

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 - 8:45 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 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)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)
 Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Aug 29</p> <ul style="list-style-type: none"> ♦ Sliced Ham ♦ Corn Bread ♦ Pinto Beans ♦ Collard Greens ♦ Peaches ♦ 1% Milk 	<p>Aug 30</p> <ul style="list-style-type: none"> ♦ Beef & Vegetable Stir Fry ♦ Buttered Noodles ♦ Fresh Seasonal Fruit ♦ Green Beans w/ Mushrooms ♦ 1% Milk 	<p>Aug 31</p> <ul style="list-style-type: none"> ♦ Fish & Chips ♦ Stewed Tomatoes ♦ Warm Sliced Apples ♦ Whole Grain Roll ♦ 1% Milk 	<p>Sept. 1</p> <ul style="list-style-type: none"> ♦ Chicken Alfredo ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Strawberries ♦ 1% Milk 	<p>Sept. 2</p> <ul style="list-style-type: none"> ♦ Green Chile Cheeseburger ♦ Tater Tots ♦ Sliced Tomatoes ♦ Watermelon ♦ 1% Milk 
<p>5</p> <p>CLOSED FOR LABOR DAY HOLIDAY</p>	<p>6</p> <ul style="list-style-type: none"> ♦ Cod Fish ♦ Brown Rice ♦ Rosemary Potatoes ♦ Brussels Sprouts ♦ Chocolate Pudding ♦ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Beef Tips in Gravy ♦ Whole Grain Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Baked Ziti w/ Veggies ♦ Cauliflower ♦ Breadstick ♦ Fresh Berries ♦ Greek Yogurt ♦ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll ♦ Peaches ♦ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ♦ Teriyaki Chicken Stir Fry w/ Veggies ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Orange ♦ Fortune Cookie ♦ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Pollock Fish ♦ Parsley Potatoes ♦ Green Peas ♦ Combread ♦ Fresh Red Grapes ♦ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Fresh Banana ♦ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Roast Beef w/ Gravy ♦ Roasted Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll ♦ Seasonal Fresh Fruit ♦ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Pasta Primavera w/ Veggies ♦ Spinach ♦ Garlic Breadstick ♦ Cantaloupe ♦ Greek Yogurt ♦ 1% Milk 
<p>19</p> <ul style="list-style-type: none"> ♦ Meatloaf w Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll ♦ Mandarin Oranges ♦ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken ♦ Brown Rice ♦ Roasted Beets ♦ Green Beans w/ Mushrooms ♦ Peaches ♦ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Beef Chili Bowl ♦ Succotash ♦ Combread ♦ Red or Green Grapes ♦ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Southwest Omelet ♦ Stewed Tomatoes ♦ Hash Browns ♦ Flour Tortilla ♦ Fresh Banana ♦ 1% Milk  	<p>23</p> <ul style="list-style-type: none"> ♦ Herbed Pork Loin ♦ Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% Milk 
<p>26</p> <ul style="list-style-type: none"> ♦ Baked Chicken and Cheesy Rice ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Salmon w/ Lemon Butter Sauce ♦ Rosemary Potatoes ♦ Seasonal Vegetables ♦ Whole Grain Roll ♦ Seasonal Fruit ♦ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Sweet & Sour Pork w/ Stir Fry Veggies ♦ Cabbage ♦ Warm Apples ♦ Whole Grain Roll ♦ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Beef Enchiladas ♦ Pinto Beans ♦ Calabacitas ♦ Cherry Cobbler ♦ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Italian Vegetables ♦ Bread Stick ♦ Sugar Cookie ♦ 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.

Manano Mesa Presents
OUTDOOR MOVIE
Night

THE SANDLOT

START AT 6:45 P.M.

THURSDAY SEPTEMBER 15TH



FRITO PIE



Tickets Available at Front Desk

Bring Your Blankets