

Introducing our new center manager,

Brittani Torres



My name is Brittani Torres, and I was born and raised in Albuquerque, New Mexico. I received my Bachelor of Science Degree from the University of New Mexico in Community Health Education. I am coming to the Department of Senior Affairs from the Department of Family and Community Services, where I have served several communities, and most recently managed Don Newton-Taylor Ranch Community Center, I started with the City of Albuquerque when I was 16 years old in the Therapeutic Recreation Program.

In my free time I like to spend time with my family doing seasonal activities. My favorite seasonal activities are apple picking and going to the pumpkin patch. I love to cook and try new restaurants.

I am very excited to begin this new adventure, I cannot wait to meet and work with everyone in the Manzano Mesa Community.

**We will be closed on Monday, February 20, 2023 for
President's Day**

Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistants

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

2/03: 50 + Badminton Tournament

2/08: Adelante Senior Tech Class

2/10: Super Bowl Party

2/17: TRIP: Rex's & ABQ Aquarium

2/22: SCLO: Real ID & Drivers License

2/20: CLOSED FOR PRESIDENT'S DAY

Accredited by



National Institute of
Senior Centers

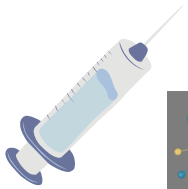
**Our Mission: We are committed to providing resources with care and compassion
that help our community thrive while embracing aging.**

Shot clinic

Covid Vaccine,
Covid Booster and Flu Shot

Tuesday, February 21st
1:00pm - 4:00pm

Sponsored By



Monthly Birthday Party!

Celebrate your birthday with a slice of
cake on us!!

Tuesday, February 21, 2022

11:30am - 12:30pm

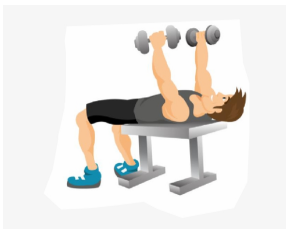
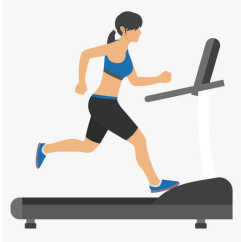
Sponsored by



Fitness Equipment Orientation

New Year, New You

Need help learning to use the
Fitness Equipment properly?
Call 505-275-8731 to schedule
your appointment with Angie!



Family Science Night

Join us for an evening of
educational entertainment!

Thursday, February 23rd

5:00pm-7:00pm



Sign up at the front desk!

The City of Albuquerque Senior Companion Program (SCP) Needs You!



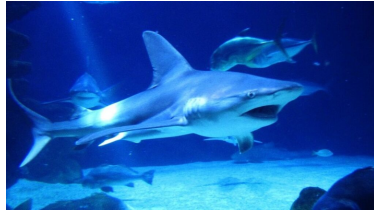
AmeriCorps
Seniors

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members.

All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of 10 hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage and meal reimbursements, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Get involved. Stay active. Make a difference for someone in need. Join SCP today. Call (505) 764-1007 for more information.

Upcoming Trips: ABQ Aquarium & Rex's Green Chili Cheeseburger



FRIDAY, FEBRUARY 17TH

**lunch at own
expense**

Check in: 10:45am

Depart: 11:00am

**Sign up at the
front desk**

Return: 3:00pm

COST: \$5.50

Jemez Hot Springs & Los Ojos restaurant



Friday April, 14th

Check in: 9:45am

PROPERTY PASS/SOAK

Depart: 10:00am

\$25 FOR ONE HOUR

Return: 3:00pm

lunch at own expense



Senior Law Office Presentations



Real ID & Driver's Licenses

Wednesday, February 22, 2023

10:00am - 11:00am

Sign up at the front desk.

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, February 21st

8:30am - 12:00pm

AARP Tax-Aide

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

Tax Season is Here! AARP will be providing free tax assistance to seniors starting on

Wednesday, February 1, 2023

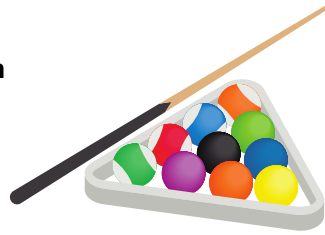
to Monday, April 17, 2023

Starting **Monday, March 6th** tax appointments will be available on Monday and Wednesday

Appointments are required. Call 311. Any questions? Ask the front desk.

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)



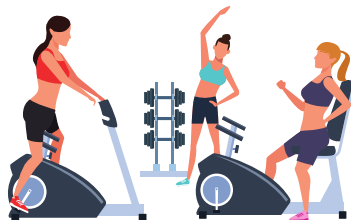
Tuesday

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
 Shuffle Board 1:00pm - 4:00pm
 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 (2nd Tuesday of Month)
 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

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
 Clogging: Beginners to Intermediate 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)
 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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
30 <ul style="list-style-type: none"> ◆ Salmon ◆ Rotini Pasta ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	31 <ul style="list-style-type: none"> ◆ Green Chile Beef Enchilada ◆ Spanish Rice ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Zucchini ◆ Garlic Breadstick ◆ Greek Yogurt ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Roasted Sweet Potatoes ◆ Collard Greens ◆ Dinner Bread ◆ Seasonal Fruit ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Ham & Potato Soup ◆ Roasted Corn & Red Peppers ◆ Cherry Cobbler ◆ Biscuit ◆ 1% Milk 
6 <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Seasonal Vegetable ◆ Garlic Breadstick ◆ Yogurt ◆ 1% Milk 	7 <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Mashed Potatoes ◆ Roasted Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	8 <ul style="list-style-type: none"> ◆ BBQ Pork Chop ◆ Baked Beans ◆ Collard Greens ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 	9 <ul style="list-style-type: none"> ◆ Green Chile Beef Enchilada ◆ Spanish Rice ◆ Calabacitas ◆ Seasonal Fruit ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Breaded Cod ◆ Buttered Pasta ◆ Spinach ◆ Seasonal Fruit ◆ 1% Milk 
13 <ul style="list-style-type: none"> ◆ Swedish Meatballs ◆ Brown Rice ◆ Seasonal Vegetable ◆ Applesauce ◆ 1% Milk 	14 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Cookie ◆ 1% Milk 	15 <ul style="list-style-type: none"> ◆ Catfish ◆ Sweet Potatoes ◆ Seasonal Vegetables ◆ Chocolate Pudding ◆ 1% Milk 	16 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Steamed Broccoli ◆ Pineapple ◆ Dinner Roll ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Steamed Carrots ◆ Garlic Breadsticks ◆ Seasonal Fruit ◆ 1% Milk 
20 <p style="text-align: center;">Closed</p> 	21 <ul style="list-style-type: none"> ◆ Egg Omelet ◆ Stewed Tomatoes ◆ Seasoned Potatoes ◆ Orange ◆ 1% Milk 	22 <ul style="list-style-type: none"> ◆ Red Chile Pork Posole ◆ Pinto Beans ◆ Spinach ◆ Tortillas ◆ Seasonal Fruit ◆ 1% Milk 	23 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Tater Tots ◆ Coleslaw ◆ Cherry Cobbler ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Salmon ◆ Angel Hair Pasta ◆ Seasonal Vegetable ◆ Pumpkin Pudding ◆ 1% Milk 
27 <ul style="list-style-type: none"> ◆ Salisbury Steak ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	28 <ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Tortilla ◆ Spinach ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Seasoned Baked Chicken ◆ Mashed Potato ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Chile Dog w/Cheese ◆ Tatar Tots ◆ Seasoned Roasted Corn ◆ Seasonal Fruit ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Cajun Garlic Butter Tilapia ◆ Orzo w/ Diced Tomatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 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.

PRE-SUPER BOWL

PARTY



WINGS & NACHO BAR

FRIDAY, FEBRUARY 10TH

10:00AM - 11:15AM

WEAR YOUR TEAM'S JERSEY



Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching.

Teeniors will be at Manzano Mesa to help seniors with their laptops, phone or any technical issues.

Thursday, February 9, 2023

3:00PM-4:00PM

Thursday, March 2, 2023

3:00PM-5:00PM

If interested make an appointment at the front desk.

Decorative Box Workshop

Students will use various materials and techniques to decorate boxes including: paint, collage, colored pencil, paper-mache, and fabric. It is suggested students bring a box with a lid (Shoe box, hat box, cigar box). It is encouraged to bring personal mementos to incorporate in the box. Additional materials will be provided.

CLASS STARTS

March 6th- April 17th

Monday 1:00 pm-4:00 pm

Taught by:

Leslie Blaustein

