



National Institute of Senior Centers

Manzano Mesa Multigenerational Center February 2020



Timothy Keller, Mayor



Anna Sanchez, Director

Location

501 Elizabeth SE
Albuquerque, NM 87123
Phone, 505-275-8731

Center Closures

Presidents' Day, February 17

Special Events

Hours of Operation

Monday-Friday
8 a.m. - 9 p.m.
Saturday 9 a.m. - 3 p.m.
Sunday Closed

Love Your Neighbor
Say hello, introduce yourself, and pay a compliment to someone new.
Refreshments will be served.
Thursday, February 20, 10 - 11:00 a.m.

Annual Membership
\$20.00



<p>GEHM Clinic Tuesday, February 18 8:00 a.m. - 12:30 p.m.</p>	<p>Fall Recovery Class Thursday, February 27 1:00 p.m. - 3:00 p.m.</p>
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Trip: Coronado Shop
Friday, February 14

Treat yourself for Valentine's with a day of shopping and dining.

Please register at the front desk.

Trip: NM Legislature
Friday, February 14

Tour the Roundhouse Gallery and have lunch on the Santa Fe plaza.

Please register at the front desk

Breakfast Menu : Monday - Friday 8:00 am - 9:00 am

Regular Breakfast \$1.50

2 eggs, hash browns, 2 pieces of bacon or sausage with choice of toast, tortilla or English muffin

Breakfast Burrito \$1.50

Bacon or sausage, cheese, egg, red or green chile and hash browns

English Muffin Sandwich \$1.00

Choice of bacon or sausage

Biscuits and Gravy \$1.00

2 Biscuits and Gravy

Served: Tuesday and Thursday

Huevos Rancheros \$1.50

Served: Friday*

*French Toast and Pancakes will not be available

Beverages

Coffee.....\$0.30
Hot Tea.....\$0.30
Hot cocoa.....\$0.30
Milk.....\$0.25
Orange Juice.....\$0.25

A La Carte

1 Waffle.....\$1.00
Served: Wednesday
Egg.....\$0.25
Bacon.....\$0.50
Sausage Patties.....\$0.50
Hash Browns.....\$0.30
Chile.....\$0.25
Cheese.....\$0.25
Oatmeal w/ Milk.....\$0.70
1 Pancake.....\$0.25
1 French Toast.....\$0.25



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



General Information

AARP Tax Aide
Mondays and Thursdays until April 15, 2020
To schedule an appointment, please call 275-8731
during regular business hours.

Games

Pinochle

Wednesday 1 - 4:30 p.m.

Bingo

Thursday 1:30 - 4p.m.

\$3.00 for basic/special play,
other games \$0.25+

Teen Board Games

1st Friday 1 - 3 p.m.

Chess

Friday 6 - 8 p.m.

Sports and Fitness
\$0.50 per Class

Aerobics

Monday, Wednesday, and
Friday 8:15 - 9:15 a.m.

Gentle Exercise

Monday, Wednesday, and
Friday 9:30 -10:30 a.m.

Flex and Tone

Tuesday and Thursday
8:15 - 9:15 a.m.

Fitness Area and Gym
16+ Years of Age

Martial Arts

Tai Chi

Tuesday and Thursday
9:30 - 10:30 a.m.

\$5.00 per class

Instructor: Curtis Hardison

Kendo Kai

Friday 6 - 8 p.m.

Instructor: Davis Begay

Qi Gong

Saturday 10 - 11 a.m.

Read to Me ABQ Network

Book Drive

February 11 - March 11, 2020

Collecting new books for children
of all ages.

Donation box available in the
lobby.

Veterans' Outreach
February 3, 9:00 a.m. - 3:00 p.m.

Dance Classes

Line Dancing Intermediate 3

Tuesday 2 - 4 p.m.

Instructor: Jeanne Hendrix

NM Folk Dance

Wednesday 9:45 - 11:15 a.m.

Instructor: Frances Lujan

Line Dancing Starter

Wednesday 12:15-1:15 p.m.

Instructor: Patty Fox

Line Dancing Beginning

Wednesday 1:30 - 3 p.m.

Line Dancing Intermediate 1

Wednesday 3 - 4:30 p.m.

Instructor: Georgette Smith

Wise Women Belly Dance

Thursday 6:15- 7:15 p.m.

\$5.00 1st class \$35.00 for 4

Instructor: Amaya

Line Dancing Intermediate 2

Friday 2 - 3:30 p.m.

Instructor: Wylene Santistevan

M2 Clogging-Saturdays

Beginner 12 - 1:30 p.m.

Intermediate 1:30 - 2:30 p.m.

Instructor: Brenda Davies

Arts and Crafts

Beading

Monday 8 - 11:30 a.m.

Open Crafts

Monday 9 - 11:30 a.m.

Happy Hookers Crochet

Monday 1 - 3 p.m.

Instructor: Mary Kelly

Machine Quilters

Tuesday 8 - 12:30 p.m.

Instructor: Shirley

Pottery

Tuesday and Thursday

9 - 1 p.m.

Instructor: Carolyn

Tile Painting

Tuesday and Friday

8:30 - 11:30 a.m.

Woodcarving

Wednesday 8 - 11:30 a.m.

Artist's Corner

Thursday 1 - 4 p.m.

Beginning Tile Class

Friday 8:30 - 11:30 a.m.

Instructor: Lawanda

Music
Sing-A-Long
Tuesday 1 - 2:45 p.m.

Open Computer Lab

Tuesday, Thursday, Friday
9-11:30 a.m.

Wednesday 1-2:45 p.m.

NM Computer Society

2nd Thursday 7:15 - 8:45

Classes, Clubs and Groups

Clubs and Groups

Women's Bible Discussion
Tuesday 10:30 - 12:30 p.m.

Healing Strong Albuquerque
2nd Tuesday 6:30 - 8 p.m.

NM Garden Railroader
Last Tuesday 6:30 - 8:30 p.m.

Constitution Party of NM
1st Wednesday 6 - 8:45 p.m.

ABQ Mountain Rescue
1st Wednesday
6:30 - 8:45 p.m.

Escribiente Calligraphy
1st Wednesday
6:30 - 8:30 p.m.

ABQ Astronomical Society
1st and 3rd Wednesday
7 - 8:45 p.m.

Invest in Debt
2nd Wednesday 6 - 8:45 p.m.

Bible Discussion Group
Thursday 10 - 11 a.m.

Speak with Distinction
Thursday 5:30 - 6:30 p.m.

Red Hat Sisters
3rd Thursday 10 - 11 a.m.

TOPS #216
Friday 10 - 11:30 a.m.

Vietnamese Seniors
Saturday 9 - 12 p.m.

Libros
1st Saturday 9 - 12 p.m.

Project Linus
2nd Saturday 9 a.m. - 2 p.m.

LERA
2nd Saturday 11 a.m. - 2:45
p.m.

Cherokees of NM
3rd Saturday 12 - 3 p.m.

Friendship Coffee
Tuesdays, 10 - 11 a.m.
February Birthday
Celebration
Tuesday, February 25
10 - 11 a.m.

Yoga

Hatha Blend
Monday 6:15 - 7:15 p.m.
\$7.00 per class
Beginning
Wednesday 5 - 6 p.m.
\$7.00 per class
Instructor: Ann Owens

Hatha
Wednesday 9 - 10 a.m.
Instructor: Dee Cappell

Kundalini
Wednesday 10:10 - 11:10 a.m.
Instructor: Rose Noss

Hatha Plus
Friday 9 - 10 a.m.
Instructor: Jan Porter

Laughter
Saturday 9 - 10 a.m.
Instructor: Kathy Chambers

Youth Classes

Iron Olympians Family Karate
Tuesdays
January 14 - May 12
See instructor for fees.

Youth Program Events
Parents' Night Out,
February 14
Holiday Bowl,

Fitness Classes

Personal Defense Club
Monday 7 - 8:45 p.m.

Zumba Gold, \$2.00 per class
Monday and Wednesday
10:45 - 11:45 a.m.
Instructor: Dee Williams

Advanced Boot Camp
Tuesday and Thursday
4:30 - 5:30 p.m.

Pickle ball
Thursday 2 - 4 p.m.
Saturday 9 - 11 a.m.

Pickle ball Training
Tuesday and Thursday
9:30 - 11:15 a.m.
Saturday 12 - 2:45 p.m.



Badminton
Monday 1:30 - 4 p.m.
Tuesday 6 - 8:45 p.m.
Thursday 5:30 - 8:45 p.m.
Friday 1 - 4 p.m.

Basketball
Monday and Friday
11 - 1 p.m. and 7 - 8:45 p.m.
Tuesday and Thursday
11:30 - 1 p.m.
Wednesday 11 - 12:30 p.m.
Wednesday (55+)
5:30 - 8:45 p.m.

Volleyball (Open)
Monday and Friday
5 - 7 p.m.

Shuffleboard
Tuesday 1 - 4 p.m.

February Lunch Menu

Lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday

Reservations are required.

Please call 275-8731 by 4:00 p.m. the day before to reserve.

Ages 60+ \$2.00 Suggested Donation ▪ Ages 50-59 \$3.25 ▪ Ages 18-49 \$7.67

Monday	Tuesday	Wednesday	Thursday	Friday
3. Pasta Primavera Green Beans Wheat Roll Pineapple	4. Taco Soup Pinto Beans Stewed Tomatoes Banana	5. Memphis Chicken Brown Rice Mixed Vegetables Orange	6. Beef Tips Peas and Carrots Crescent Roll Peach Crumble	7. Pork Chops Mashed Potatoes Brussel Sprouts Apricots
10. Fried Chicken Mac-N-Cheese Spinach Orange	11. Turkey Mashed Potatoes Mixed Vegetables Oatmeal Cookie	12. Breaded Pollock Bowtie Noodles Succotash Pear	13. Beef Enchiladas Spanish Rice Pinto Beans Mixed Fruit	14. Spinach Lasagna Mixed Vegetables Garlic Breadstick Cottage Cheese
17. Closed	18. Ham Soup Mixed Vegetables Biscuit Peaches	19. Italian Chicken Steak Fries Carrots Granny Smith Apple	20. Meatloaf White Rice Mixed Vegetables Yogurt	21. Red Chili Cauliflower Tortilla Brownie
24. Roasted Pork Red Potatoes Mixed Vegetables Apricots	25. Chicken Tacos Spanish Rice Corn with Peppers Cantaloupe	26. Cheese Omelet Spinach Beans Pineapple	27. Meatball Sub Steak Fries Green Beans Orange	28. Salmon Angel Hair Pasta Mixed Vegetables Choco Chip Cookie
2. Chicken Posole Black Beans Calabacitas Pears	3. Turkey Stuffing Mixed Vegetables Choco Chip Cookie	4. Cheeseburger Baked Beans Baby Carrots Sliced Peaches	5. Pork Chops White Rice Imperial Blend Orange	6. Breaded Cod Steak Fries Coleslaw Brownie

Silver Horizons Food Pantry
 Tuesday, February 4, 2:30 - 4:00 p.m.

DSA Advisory Council
 For more information call 764-6469
 February 24, 2020
 Palo Duro Senior Center
 5221 Palo Duro NE
 888-8102
 If you are interested in applying to serve
 on the council please visit:
www.cabq.gov/clerk/boards-commissions

AARP
 Defensive Driving
 1st & 3rd Saturday
 9:15 - 1 p.m.
 AARP Member
 \$15
 Non AARP
 Member
 \$20
 To reserve a space,
 please call 275-8731,
 or stop by the front desk.

Assistance
 Department of Senior Affairs
 (505) 764-6400
 Senior Law Office
 (505) 265-2300
 Senior Transportation
 (505) 764-6464
 Silver Horizons Food Pantry
 (505) 208-8375