



# M<sup>3</sup>C News

A newsletter for the community of Manzano Mesa Multigenerational Center  
The Center For All Ages

## TRIPS...

### Santa Fe Flea Market

More than just a flea market, this flea market has a great mix of traditional flea vendors as well as antique tents and artist's tents.

**Saturday, May 12**

**Check in: 7:00am**

**Return: 2:00pm**

**\$7 transportation**



### El Morro National Monument

Located on an ancient east-west trail in western New Mexico, the main feature of this National Monument is a great sandstone promontory with a pool of water at its base.

**Friday, May 25**

**Check in: 9:00am**

**Return: 5:00pm**

**\$13 transportation, bring a sack lunch**



### Las Golondrinas Spring Festival

El Rancho de Las Golondrinas is a living history museum, located on 200 acres in a rural farming valley just south of Santa Fe. Come along to the annual Spring Festival to enjoy costumed villagers shearing sheep, baking bread, and more.

**Saturday, June 2**

**Check in: 8:45am**

**Return: 4:00pm**

**\$3 transportation, admission and lunch on your own.**



## Presentations...

### Depression: What You Need To Know

Learn the signs and symptoms of depression, myths and facts about depression, causes of depression, and common treatments for depression. Depression is a treatable medical illness. There is help and hope for people who experience its devastating effects.

**Tuesday, May 22**

**10:00—11:00am**

### Favorite Haunts - The Ghost Towns of NM

New Mexico ghost towns provide us with a glimpse into our past as we look at many of these towns, how they flourished, then faded. And we may even encounter some ghosts!!!

**Friday, June 1**

**10:30am - 11:30am**

## Special Events...



### Father's Day Luncheon

Join us to honor all of the wonderful fathers.

**Friday, June 15th**

**11:30am**



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## SPRING FLEA MARKET

Join us on this spring day to buy and sell new and used goods.

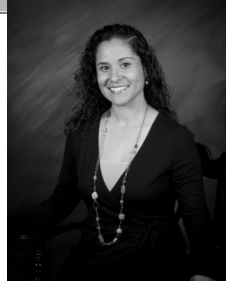
**Saturday, May 19**

**8:00am - 2:00pm**

**\$5 to reserve a table**



# A Message from the Manager!



*First off, I want to wish all of the Manzano Mesa mothers a very Happy Mother's Day! I hope that you all get to enjoy some great, quality time with your families and hopefully, there will be some special treatments for you on your special day!*

*Next, we are excited that the Manzano Mesa Spray Park will be opening the Tuesday after Memorial Day (May 29th). As a reminder, ALL parents/chaperones MUST have a current, up to date Manzano Mesa membership. We also request a \$0.50 contribution for EVERY person ages 3 and over that attend the Spray Park. Please see the back page of this newsletter for more information on days and hours of operation.*

*Let's all work together to make this summer a great one here at Manzano Mesa!*

*Thanks,  
Cristin Chavez-Smith*



## SUGGESTION BOX & COMMENTS

**We are getting overrun by the mentally challenged kids in the lunch room. They bring their own lunch and take up our tables. Can they come at a different time?**

**-Kathleen Boyce**

Kathleen, as I have stated before, we are an all-inclusive and welcoming center for people of all ages, from all different backgrounds and situations. It is not a requirement for a member to buy a MMMC lunch in order to eat at a table in the Social Hall. If any member is being disruptive, please let a staff member know and we will handle the situation if necessary; however, if members are not being disruptive, then they will have every right to maintain a place in our center.

**"Cardio Connie" who teaches the morning exercise class on MWF is so good! I love coming to exercise!**

**-Penny**

**Connie is a fun, creative instructor! We all get a good workout. Nancy on Tuesday is also running a great class!**

**-Jan Romontio**

Penny and Jan, thank you so much for your comments! We love our fitness instructors here at Manzano Mesa!

**Fundraising for Manzano Mesa—offer knife/scissor sharpening for donations.**

**-Judith Foster**

Judith, we can not do any fundraising ourselves for MMMC, but we will look into getting someone to offer this.

**We welcome your comments and suggestions. Please drop them off in the Suggestion Box located at the front desk.**

# Youth Program News

## Manzano Mesa Hosts the 30th Annual

### 'A Senior I Know' Awards Banquet

On Thursday, May 3rd, we will have the honor of hosting the 30th Awards Banquet. This year there were 3,300 essays written by Elementary School Children about seniors that have had a positive impact on their lives.

There were actually two winners who had great-grandmothers over 100 years old. One of the winners, Savannah Gonzales from Griegos Elementary wrote about Great-Grandmother Lucy who is 104 years old! The second was a fourth grade student from Los Ranchos Elementary and she wrote that she is amazed that her great-grandmother still lives alone and "she is not even brain dead." President Bush sent her great-grandmother a letter congratulating her on her 100th birthday.

The winners chose seniors from everywhere in the world; South Korea, the Philippines, and Vietnam

to list a few. And they talked about 70 year old grand parents still skiing and 104 year old great-grandparents still baking cookies to give away at Christmas.

The ceremony will be in the gymnasium and is scheduled to begin at 4:30 p.m. Mayor Berry will be attending and Steve Stucker from KOB will emcee the event. The winning essays will be displayed in the lobby from May 3rd through May 18th. Please take some time to read these delightful essays.

## SUMMER PROGRAM LOTTO FORMS

**Lotto forms will be available at the front desk from May 5 through May 25th. Please give your completed forms to the front desk staff to be placed in the lotto box.**

**The drawing for the lottery will take place on Saturday, May 26th at 10 a.m. in the lobby.**

**You need not be present to win, but the public is invited to witness the drawing.**

**If you need further information, contact Angelina Poulin, Youth Program Coordinator at 275-8731**

## OPEN COMPUTER LAB

**TUESDAYS 9:00 TO 12:00**

**WEDNESDAYS 9:00 TO 11:00**

**THURSDAYS 9:00 TO 12:00**

**Please have membership card available for instructors to view.**

**Complete Computer Class Schedule at  
[manzanomesacenter.com/classes.html](http://manzanomesacenter.com/classes.html)**

## ASK COMPUTER QUESTIONS

### GET COMPUTER HELP - SCHEDULE Monthly FREE COMPUTER HELP SESSIONS

**First Saturday of each month  
12:30—2:30 p.m.**

**No prior registration or appointment needed. Just show up with your questions or problems and get answers. If you have a laptop computer, you can bring it in with you.**



## New Computer Classes

- Fill out application now. Applicants will be called for registration date and time.
- See full descriptions on flyer outside computer room.
- **Beginners Computer** - April 23, 27, 30, May 4, 7, & 11 - 9:00am - 12:00pm
- **Internet: Level 1** - June 11, 15, 18, 22, 25, & 29 2012 - 9:00am - 12:00pm

## Fitness Opportunities

**Weight Room Orientation**  
by Appointment call 275-8731 to leave a message in the fitness center.

### Aikido

Charles Watkins, Black Belt  
Call 505-920-4180 for days & times



**Badminton** – Monday & Friday - 1:00 - 4:00pm

Tuesday - 6:00 - 8:30pm

### Basketball (Open)—W. Court

Monday 11:45am - 1:30pm & 7:00 - 8:45pm

Wednesday 11:45 am - 12:30 pm

Tuesday & Thursday - 11:00 - 1:00pm

Friday 11:00 - 1:00pm & 7:00 - 8:45pm

### Basketball (Senior)—E. Court

Monday through Friday

11:00 am—1:00 pm

### Exercise to Music

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



### Fitball –

Friday 4:45 pm East Social Hall

\$2.50 per class

Instructor: Ann Owens 266-3649

### Fit Ball Thursday (S&F)

8:15—9:15 a.m.

### Flex & Tone (S&F)

Tuesday 8:15 - 9:15 a.m. Gym

### Get Fit Quick with Tabata Training

Thursdays-6:30pm- Rm 4 begins April 26

Mondays - 6:30pm - begins May 21

6 week class - \$40 for 1 day/week or \$75 for 2day/week

Instructor: Kathy Weaver 803-6863

### Get Moving Cardio Monday & Wednesday

5:00pm East Social Hall

Instructor: Ann Owens 266-3649

### Gentle Exercise (S&F)

Monday, Wednesday, Friday

9:30 - 10:30 a.m. - Gym

### Personal Self Defense Club

Tuesday 7-9 p.m. Room 4

Instructor: Sean Ross 710-1877

### Pickleball Training –Tuesday & Thursday

9:15 - 11:00am, Saturdays 12:50—2:50 pm

**Pickleball** - Thursday - 2:00 - 4:00pm &

Saturday - 9:30 —11:30 am

### Pilates for Beginners

Tuesday - 5:30pm - Room 4

\$6 per class or 4 classes for \$20

Instructor: Kathy Weaver - 803-6863



**Shuffleboard** – Tuesday - 1:00 - 4:00pm

### Table Tennis

Thursday 7-9 p.m. East Social Hall



### Tai Chi Chuan

Tuesday 9:30—10:30 a.m. Room 4

Instructor: Dug Corpolongo

### Tai Chi Chih

Tuesday 5:30—6:30 p.m. East Social Hall

Instructor: Marilyn Irvin 504-4942

### Volleyball (Open)

Monday & Friday 5—7 p.m.

### Volleyball (Senior)

Thursday 6– 9 p.m.



### Yoga (Beginning)

Monday 6:15—7:15 p.m.

East Social Hall

\$7 per class

Instructor: Ann Owens 266-3649

### Yoga (Kundalini)

Wednesday 10—11 a.m. Room 4

Instructor: Sue Sheila 797-7738

### Yoga (Hatha)

Wednesday 9:00am - Room 4

Instructor: Dee Cappell

265-5453

### Yoga (Hatha Plus)

Friday - 9:00am - Room 5

Instructor: Jan Porter 293-5789



### Zumba

Saturdays, 11:45 am - 12:45 pm

### Zumba Gold

Monday & Wednesday

10:45—11:45 a.m. Gym

Instructors: Cheryl & Therese Hallada

553-4174—\$1.00 per class



(S&F) indicates a class offered by DSA Sports & Fitness. A 50 cent contribution is appreciated!

Please be courteous to others and do not enter classrooms or gym until your scheduled time!

Thank You!

## DANCE CLASSES

### **Ballroom/Latin/Country Dancing**

Wednesday - 9:30 - 10:30am

Saturday - 11:00am - 12:00pm

Instructor: Barbara Weiss - 506-0049

### **Clogging** – Friday 9:30 am

Instructor: Shirley Smith

### **Line Dancing Beginning**

Wednesday - 1:30 pm

Instructor: Georgette Smith

### **Line Dancing Intermediate** –

Wednesday 3:00 pm; Friday 1:30 pm

Instructor: Wylene Santistevan

### **Line Dancing (Advanced)** –

Friday 3:00 pm

Instructor: Wylene Santistevan

### **Wise Women Belly Dance** –

Thursday 6:00 pm

Instructor - Amaya - 280-3638



## ARTS & CRAFTS

### **Adult Watercolor**—Sat 12-3pm

call Sandy Culler 710-4143

### **Artist's Corner** – Thursday 1:00 p.m.

### **Beading** – Monday 8 a.m.

### **Beginning Tile Class** – Fri 8:30 a.m.

### **Brilliance of Pastel**—Mondays 1:30—4:00

p.m. call Sharon Jensen 323-7522

### **Fused Glass Class** - 2nd

Monday - 9:00am

### **Happy Hookers Crochet**—Mon

1:00 p.m.

### **Knitting/Needle Craft** – Fridays

1:00 p.m.

### **Open Crafts/ Tile Painting** – Mon 9:00 a.m.

### **Pottery/Tile Painting** – Tues. & Th.

9:00 a.m.

### **Pottery (Adult)** Wednesday 4:30 p.m.

### **Punch Quilting** – Tuesday 1:00 p.m.

### **Woodcarving/Jewelry/Beading** –

Wednesday 8:00 a.m.



## MISC. CLASSES

### **CPR/AED Course**

Students will leave class with the knowledge of CPR, the use of an AED and how to respond to choking in adults, children and infants.

2nd Thursday of the month

For more information and to sign up for the class call Kathi at 264-5166 or email [cprheartsafe@gmail.com](mailto:cprheartsafe@gmail.com).



## MUSIC

### **African Dance and Drum**, Tuesdays 2:15pm

### **Community Drum Circle** 3rd Friday 7:15 pm

Giselle Vivian - 232-9010

### **Sing-A-Long** Tuesdays 1:00 pm

## ACTIVITIES/CLASSES

### **AARP Defensive Driving** –

1st & 3rd Saturdays

9:00 am Room 5

### **Amateur Telescope**—Wednesday 7 p.m.

Room 3

### **Escribiente Calligraphy** - 1st Wed 6 p.m.

**Hiking** - Every Wednesday at 2 or 3(mattering on the weather)

Ed Cardona - [Ed87108@gmail.com](mailto:Ed87108@gmail.com)

### **Project Linus**—2nd Saturday 9:00 a.m.

### **Writing for Fun** – Monday 1:00 pm Room 5



## FITNESS ROOM HOURS

**Monday-Friday 8 a.m. to 8:50 p.m.**

**(closed from 1:30 to  
2 p.m. for cleaning)**

**Saturday 9 a.m. to 2:50 p.m.**

**PLEASE HAVE MEMBERSHIP  
CARD**

**READILY AVAILABLE**

**50 cent contribution appreciated**



# Manzano Mesa Classes

## CLUBS/DISCUSSIONS

### **Ask the Doctor**

2nd Tuesday - 10:00 - 11:00am

### **Bible Discussion Group –**

Thursday 10 a.m. Room 5

### **Friendship Coffee every Thursday in the Social Hall starting at 10 a.m.**

Sponsors:

May 3 - Amerigroup

May 10 - Presbyterian

May 17 - Hicks & Associates

May 24—TBA

May 31 - Eldercare Solutions

### **Medicare Assistance**

1st and 3rd Fridays

Call Cristy for more info: 222-4519

### **Red Hat Society –** Thurs 10 a.m. ESH

**TOPS #216 –** Friday 10:00 a.m. Room 4

**Vietnamese Seniors –** Saturday 9:00 a.m.

### **Women's Bible Discussion –**

Tuesday 11:00 am—Room 4



## GAMES

**Bingo –** Thursday 1:30 p.m.

West Social Hall

**Bridge –** Friday 10:00 a.m.,

Saturday 9:30 a.m.

**Pinochle –** Wednesday 12:00 p.m.



## YOUTH CLASSES

### **All Star Hip Hop Funk**

Thursdays - 6:00pm - Misty Gallegos  
899-1666

### **All Star Karate**

Wednesdays-6:00pm –Misty Gallegos-  
899-1666

**Girl Scout Troop #227 -** Friday - 6:00pm

### **Iron Olympian Karate**

Tuesday & Wednesday - 6pm

**Kendo Kai -** Fridays - 6:00—8:00

Davis Begay - 293-2322

Please note: Registration and class payments are arranged through contact person listed.

### **Attention Instructors and Participants of Manzano Mesa classes and activities:**

Continuing in May, we are asking that EVERY group/class signs in daily. The sign in sheets are located in the mailboxes by the door.

Members: Please sign in to your class when you come in.

Instructors: Please place the completed sign-in sheet in the mailbox at the end of your class.

## **Gymnasium Reminder!**

This is a reminder to all groups that use the gymnasium - Please check in with Patty Gutierrez to confirm June and July gym schedules. Many groups will have changes during this time due to the Summer Youth Program.

Thank you!

**Activities & classes subject to change. Fees for classes or supplies determined by instructors.**

# May Lunch Menu

**RESERVATIONS REQUIRED 24 HOURS IN ADVANCE  
CALL 275-8731**

**SUGGESTED DONATION: \$2 FOR 60 & OLDER, \$3.25 FOR 50-59, ALL OTHERS \$5.00 DONATION.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Swiss Steak <b>30</b> w/gravy Au Gratin Taters Green Beans Banana	Turkey Vegetable <b>1</b> Stew Cornbread Cauliflower/w cheese Slices Peaches	Chicken Alfredo <b>2</b> Beets Salad Apricots	Beef Tacos <b>3</b> Spanish Rice Calabacitas Orange	Fish Sandwich <b>4</b> Tater Tots California Blend Fresh Pear
Bean Burritos <b>7</b> Rice Stewed Tomatoes Cottage Cheese w/peaches	Beef & Cheese <b>8</b> Lasagna Green Beans Glazed Carrots Garlic Bread Orange	Baked Chicken <b>9</b> Mashed Potatoes w/gravy Brussel Sprouts Sliced Apples	Green Chile <b>10</b> Cheeseburger Ranch Style Beans Veggies Yogurt	Pork Stir Fry <b>11</b> w/ veggies Noodles Apricots w/ cinnamon
Fish Nuggets <b>14</b> Rice pilaf Cream Corn Biscuit Sherbet	Carne Adovada <b>15</b> Pinto Beans Calabacitas Tortilla Watermelon	Beef Macaroni <b>16</b> Broccoli Spinach Salad Apple Crisp	Chicken Parmesan <b>17</b> Scalloped Potatoes Oriental Veggies Fruit Cocktail	Sub Sandwich <b>18</b> Cold Orzo w/ Peppers Marinated Cukes & Onions Pear
BBQ Chicken <b>21</b> Thighs Au gratin Potatoes Baby Carrots Banana	Frito Pie Rice <b>22</b> Squash Tortilla Sliced Peaches	Pork Roast <b>23</b> Baked Potato Spinach Cinnamon Apples	Beef Tips w/noodles <b>24</b> Green Beans w/mushrooms Crescent Roll Chocolate Pudding	Tilapia Lima Beans <b>25</b> w/ corn Veggies Mandarin Oranges
<b>28</b> <b>HOLIDAY CENTER IS CLOSED</b>	Salisbury Steak <b>29</b> w/ gravy Pasta Alfred Zucchini Pineapple Chunks	Chili Rellenos <b>30</b> Spanish Rice Mexicorn Tortilla Jell-O w/ /Fruit Cocktail	Turkey w/gravy <b>31</b> Mashed Potatoes Crinkle Cut Carrots Cherry Cobbler	Chicken Salad <b>1</b> Sandwich Pasta Salad Coleslaw Orange



## Manzano Mesa Spray Park

### Days of Operation:

Tuesday, May 29, 2012 -  
Saturday, August 4, 2012

### Hours:

Monday - Friday, 11:00 am—3:00 pm  
Saturdays, 9:30 am - 2:00 pm

### Closed Holiday Dates:

Wednesday, July 4, 2012

- Current MMMC memberships required for ALL adults.
  - A \$0.50 contribution is requested for ALL participants ages 3 and older.
  - ALL children need to be supervised by a parent or chaperone OVER the age of 18.

### COMPUTER VOLUNTEER'S MANZANO MESA WEBSITE

As part of the services provided by the Manzano Mesa Computer Volunteer group, there is a website: [manzanomesacenter.com](http://manzanomesacenter.com).

There is some valuable information on the website and an e-mail where you can suggest any updates that you see might be needed. It is a good introduction into the history and general organization of the center.

## Who we are...



### Richard J. Berry, Mayor Department of Senior Affairs

Jorja Armijo Brasher, Director  
April Jojola, Recreation Division Manager

### Manzano Mesa Multigenerational Center

Cristin Chavez-Smith, Center Manager  
Patty Gutierrez, Operations Manager  
Angelina Poulin, Youth Program Coordinator  
Hope Santillanes, Office Assistant  
Rafael Loya, Program Assistant  
Natalie Maes, Program Assistant  
Ruben Arguello, General Service Worker  
Michael Berry, General Service Worker  
Tony "T" Wilkins, Custodian  
Teri Chavez, Cook  
Daniel Vick, Kitchen Aide  
Marlene Anaya, Kitchen Aide



### CONTACT MMMC

501 Elizabeth SE  
Albuquerque, NM 87123

505-275-8731 (Phone)

505-275-8734 (Fax)

### Hours of Operation

Mon. - Fri., 8 a.m. - 9 p.m.

Saturday, 9 a.m. - 3 p.m.

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.