

Message from Director Sanchez:

Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,
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

6/3-6/7: Closed for training and cleaning

**6/11: TRIP: Santa Barbara Martineztown Grand
Opening**

6/12: TRIP: Santa Fe National Cemetery

6/14: Father's Day BBQ Celebration

6/18: GHEM Clinic

6/18: Ice Cream Social

6/19: CLOSED-Juneteenth

6/21: Splash Pad Party

6/22: TRIP: Barelvas Coffee House

5/25: Beyond Walls: Bingo

6/26: TRIP: Isotopes

6/27: Bingo Tuesday-Beyond Walls

6/28: Mobile Food Pantry

6/28: Defensive Driving

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.

IMPORTANT NOTICE:

Manzano Mesa Multigenerational center will be closed starting June 3, 2024 through June 7, 2024 for Employee Training. We will resume normal business hours on June 8, 2024. Thank you for your cooperation!

Meal Services will be offered at the following locations: Barelas, Highland Palo Duro and Bear Canyon

Manzano Mesa will be closed June 19, 2024 in observance of Juneteenth



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, June 28, 2024
1:00pm-3:00pm**



June 28, 2024

1:00pm-5:00pm

AARP Members: \$20.00

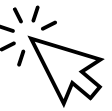
Non-Members: \$25.00

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, June 27, 2024

10:00am-11:00pm

Sign up at the front desk



Bingo Tuesday

Join us every last Tuesday of the Month for Bingo Tuesdays, Bingo provided by the Beyond Walls Program.

Tuesday, June 25, 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, June 18, 2024

9:00am-12:00pm

YOU & ME + COFFEE =
FRIENDSHIP



JOIN US ON TUESDAYS AND
THURSDAYS FOR FRIENDSHIP
COFFEE IN THE LOBBY

Every Week

Tuesday 9:00am-12:00pm

Thursday 11:00am-1:00pm

Rail Runner trip to Santa Fe National Cemetery

Wednesday, June 12, 2024

Check in: 8:30am

Depart: 8:45am

Return: 2:30am

At own expense

Sign up at the front desk



Isotopes

Wednesday, June 26, 2024

Check in: 11:00am

Depart: 11:15pm

Return: 4:00pm

At own
expense

Sign up at the
front desk



Barelas Coffee House

Friday, June 21, 2024

Check in: 10:45am

Depart: 11:00am

Return: 1:00pm

At own expense

Sign up at the
front desk



FATHER'S DAY BBQ

CELEBRATION

FRIDAY, JUNE 14, 2024

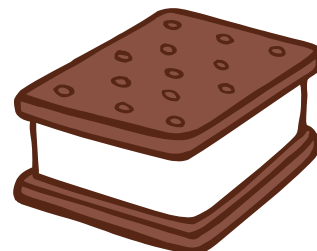
10:00AM - 11:00AM

Ice Cream Social

1:00pm






In The Lobby

Friday, June 18, 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
27	28	29	30	31
 <ul style="list-style-type: none"> ◆ Sliced turkey w/gravy ◆ Stuffing ◆ Beets ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Carne adovada ◆ Corn w/peppers ◆ Broccoli, cauliflower, carrots ◆ Honeydew ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Whole wheat rotini pasta w/sauce & parmesan cheese ◆ Spinach w/onions ◆ Corn ◆ Peanut butter cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Steamed potato ◆ Green beans ◆ Cantaloupe ◆ 1% milk 	
3	4	5	6	7

Manzano Mesa will be closed! Please visit Highland or Palo Duro Senior Center

10	11	12	13	14
<ul style="list-style-type: none"> ◆ Baked ham w/ pineapple sauce ◆ Rice pilaf ◆ Baby carrots ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salisbury steak w/ mushroom & onion gravy ◆ Green beans ◆ Scalloped potatoes ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked ziti w/chicken ◆ Steamed carrots & cauliflower ◆ Breadstick ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Whole wheat rotini pasta w/parmesan cheese ◆ Spinach w/onions ◆ Corn ◆ Peanut butter cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Bean burrito w/red chile ◆ Cauliflower ◆ Collard greens ◆ Watermelon ◆ 1% milk 
17	18	19	20	21
<ul style="list-style-type: none"> ◆ Beef tips w/bowtie pasta ◆ Steamed green beans ◆ Peach cobbler ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked chicken thigh ◆ Steamed collard greens ◆ Brown rice ◆ Yogurt ◆ 1% milk 		<ul style="list-style-type: none"> ◆ Elbow cheese macaroni w/broccoli ◆ Whole wheat breadstick ◆ Brussel sprouts ◆ Oatmeal cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork roast w/creamy onion gravy ◆ Steamed broccoli & carrots ◆ Mashed potatoes ◆ Dinner roll ◆ Green grapes ◆ 1% milk 
24	25	26	27	28
<ul style="list-style-type: none"> ◆ Beef steak w/grilled onions ◆ Roasted red potatoes ◆ Brussel sprouts ◆ Sugar cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken thigh ◆ Succotash ◆ Cornbread ◆ Apple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked pollock ◆ Roasted peppers ◆ Ancient grain ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Southwest omelet w/red chili ◆ Diced potatoes ◆ Stewed tomatoes ◆ Applesauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Carne adovada ◆ Pinto beans ◆ Brown rice ◆ Flour tortilla ◆ Jell-O ◆ 1% milk 

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.

Monday

Fitness Room 8:00am - 8:45pm
 Aerobics 8:15am-9:15am
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Beginner Line Dance: 9:15am - 11:15am *Resume in August
 Gentle Exercise 9:30am - 10:30am
 Zumba Gold 11:30am - 12:30am \$
 Mah Jong 11:00am - 2:30pm
 Happy Hookers 1:00pm - 3:00pm
 Badminton 1:30pm - 3:30pm *Resume in August
 Volleyball 6:30pm - 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-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am \$ *Resume in August
 Pottery 9:00am - 1:00pm
 Line Dance: Intermediate 9:15am - 11:15am *Resume in August
 Pickleball Training 9:30am - 11:30am *Resume in August
 Friendship Coffee 9:00am - 12:00pm
 Quilting (2nd Tuesday)
 Mah Jong 1:00pm - 4:00pm
 Shuffle Board 1:00pm - 4:00pm *Resume in August
 Sing-A-Long 1:30pm-2:30pm (1st Tuesday)
 Badminton 6:30pm - 8:30pm
 Clogging: Starter to Intermediate 6:00pm - 7:45pm
 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 - 8:45 pm
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Woodcarving 8:00am - 11:30am
 Aerobics 8:15am-9:15am
 Computer Lab 8:00am - 8:45pm
 Gentle Exercise 9:30am - 10:30am
 Line Dance: Starter 9:30am - 10:30 am *Resume in August
 Meditation Group 10:00am - 11:00am
 Zumba Gold 11:30am - 12:30am \$
 Open Basketball 12:00am - 1:30pm *Resume in August
 Pinochle 1:00pm - 4:00pm
 Badminton 1:30pm - 3:30pm *Resume in August
 Line Dance: Beg/Improver 1:30pm - 3:30pm *Resume in August
 Yoga: Beginning 6:00pm - 7:00pm \$
 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-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am \$ *Resume in August
 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 *Resume in August
 M&M Red Hat Sisters 10:00am - 11:00am
 Friendship Coffee 11:00am - 1:00pm
 Open & Senior Men's Basketball 11:30am - 12:30pm *Resume in August
 Artist Corner 1:00pm - 4:00pm
 Bingo 2:00pm - 4:00pm
 Pickleball 1:00pm - 4:00pm *Resume in August
 Badminton 6:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
 Aerobics 8:51am - 9:15am
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Aerobics 8:15am -9:15am
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30am
 Shuffleboard 10:30am - 1:00pm
 Badminton 1:30pm - 3:30pm *Resume in August
 Volleyball 6:15pm - 7:00pm
 Basketball 7:00pm - 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 12:00pm (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 - 3:00pm (3rd Saturday)
 Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

TUESDAY

JUNE 11, 2024
9:30 AM - 1:30 PM

1825 Edith Blvd NE,
Albuquerque, NM 87102



ABOUT THE CENTER:

Hours:
Monday through Friday
8 a.m. to 5 p.m.

Available Services:
Youth Programs, Senior Meals,
Community Events, Fitness
Activities, Senior Transportation

☎ 505-764-6400
🌐 cabq.gov/seniors



GRAND OPENING!

**SANTA BARBARA
MARTINEZTOWN
MULTIGENERATIONAL CENTER**



**GRAND OPENING
FESTIVITIES TO INCLUDE:**

- Ribbon Cutting
- Live Entertainment
- Refreshments
- Building Tours
- Class Demos
- And Much More!

FREE EVENT!

**Splash Pad
June 17th-August 2nd**

**Monday-Friday
11:00am-3:00pm**

**Saturday
10:00am- 2:30pm**

Trip: Sign up at the Front Desk

**SPLASH PAD
PARTY**

June 21st | 5:30PM - 7:30PM
for more information call 505-275-8731

MUSIC

DRINKS

FOOD

