

August 2024

Santa Barbara Martinextown Multigenerational Center



(505) 767-5671

1825 Edith Blvd 87102

cabq.gov/seniors

Welcome to Santa Barbara Martinextown

Message From the Coordinator

Dear Community Members,

Exciting news and heartfelt thanks coming your way!

First, we're on the lookout for enthusiastic volunteers and talented instructors. If you've got a special skill or just want to give back, we'd love to hear from you. Join us and make a difference—call us at (505) 767-5671!

We're thrilled to introduce our new team members at Santa Barbara Martinextown: the wonderful Miss Natalie, the fantastic Miss Anika, and the Phenomenal Miss Cindy. Welcome aboard!

Get ready for some fun new events! We've added Pickleball and Game Time with various card games to our schedule. It's a great way to stay active and enjoy some friendly competition. And don't forget to drop in for our Friendship Coffees from Monday to Friday. It's the perfect time to catch up with friends or make new ones.

Mark your calendars for August 14th—United Healthcare will be sponsoring our Friendship Coffees on that day, so be ready for some extra goodies coming your way!

Special shoutout to Josiah, one of our incredible participants, who has been instrumental in shaping our new Santa Barbara Martinextown Multigenerational Center. Your hard work and dedication are truly appreciated.

And a big thank you to Irene Martinez, a generous community member who donated coloring books and markers for our kids. Your kindness brightens our days and fuels creativity!

*Thank you all for your continued support!
Warm regards,
Matthew Montoya, Program Coordinator*

Center Hours

Monday-Friday:

8:00 AM-5:00 p.m.

Saturday and Sunday:

Closed.

Mayor

Timothy M. Keller



Director

Anna M. Sanchez

Center Staff

Matthew Montoya
Program
Coordinator

Elijah Sims
General Service
Worker

Part-Time Staff
Anika, Cindy,
and Natalie

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas
Senior Center
Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER | 9 am -
2024 | 3 pm

714 Seventh St SW 87102

ONE
ALBUQUE
RQUE

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

Accredited by National Institute of Senior Centers

ONE
ALBUQUE
RQUE

United
Healthcare

H
Humana

PRIME TIME
PUBLISHING

Movie Fiesta Month

Call or talk to the front desk to reserve a spot!

Movie: **Godzilla**
Thursday, August 1st
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.



Movie: **GODZILLA: KING OF THE MONSTERS EMPIRE**
Thursday, August 8th
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.



Movie: **KONG SKULL ISLAND**
Thursday, August 15th
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.



Movie: **GODZILLA VS KONG**
Thursday, August 22nd
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.

Movie: **GODZILLA X KONG: THE NEW EMPIRE**
Thursday, August 29th
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.



The Zone



Be a Smart Shopper

Senior Citizens Law Office

Learn how to

- Handle debt collectors
- recognize scams
- buying a used car
- online shopping and product safety
- errors on credit card bills and more

Tuesday, August 6th
9:00 AM

*Sign up at front desk

Monthly Spice Rack Remedies:

Presentation by: Micheal Browning

Join us for a presentation on home spices that help to better your health! We will be going over herbal remedies from cited sources that help promote healthy living!



Coconut Oil

Wednesday, August 14th
10:30 AM - 11:30 AM

*Sign up at front desk



Cilantro

Wednesday, September 11th
10:30 AM - 11:30 AM

*Sign up at front desk



Estate Planning

Senior Citizens Law Office

Presenter will discuss planning for:

- Incapacity (Power of Attorney)
- Planning for end of life (wills, non-probate transfers included).

Thursday, September 5th
9:00 AM

*Sign up at front desk

Power of Attorney Clinic

Senior Citizens Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.



Thursday, September 18th
9:00 AM - 11:00 AM

*Sign up at front desk

Fall Prevention Clinic

Albuquerque Fire Department

The Albuquerque Fire Department offers a Fall Prevention Clinic to help reduce the risk of falls and promote safety in the community.

Thursday, September 12th
9:00 AM - 10:30 AM

*Sign up at front desk



Participant Code Of Conduct

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.

Management.

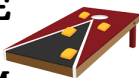
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

CORN HOLE Wednesdays

1:30 PM - 2:30 PM



Join us every Wednesday afternoon for a fun and engaging corn hole class, perfect for all skill levels!

Friendship Coffee

Come drop in and enjoy some coffee and socialize with one another!



Monday-Friday
8:00 AM-2:00 PM

Memberships!

- \$20.00 Annual Membership Fee
- Yearly from the day of payment.
- You gain access to all Multigenerational Centers, Senior Centers and Sports and Fitness Centers!
- Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

Come join us for flea markets **every Wednesday!** All ages! (Must be a Member) Come find some knick knacks to take home!

Multigenerational Flea Markets



\$2 per table
8:00 AM.- 12:00 PM.

Lottery is the last Wednesday of the month 10:15 am when drawing occurs for the following Months.

Wednesday August 28th.
10:15 AM. Lottery Drawing



Line Dancing (Beginning)

Tuesdays from 1:00 PM - 2:30 PM

Join our great beginning line dancing class open for All ages who loves to line dance or wants to learn line dancing!



DSA Advisory Council

September 16, 2024, starting at 12:00 p.m.
Manzano Mesa Multigenerational Center
501 Elizabeth SE, 87123

Cost: \$5 per class Tai Chi Chuan



Tuesdays and Thursdays
10:30 AM - 11:30 AM

Join our relaxing beginning Tai Chi Chuan class!



Yoga (Beginning)

Mondays

8:30 AM - 9:30 AM

Fridays

9:45 AM - 10:45 AM

Join our great beginning Yoga class open for All ages who loves to line dance or wants to learn line dancing!

Fridays

1:30 PM-3:00 PM



Game Time

Join us at the Santa Barbara Martineztown Multigenerational Center for a fun time with family and friends! Enjoy a variety of board and card games.



Pickleball

Join us for some exciting games of Pickleball with one court indoors!

Thursdays

1:30 PM-3:00 PM



August 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.



IMPORTANT NOTICE

Dine in hot lunch is served 11:30 AM. - 1:00 p.m. Monday - Friday.

Please call (505)767-5671 to make your reservation by 12:00P.M. the day prior.

If you have made a reservation please call and inform so we can give the meal to another participant.

If you forgot to make a reservation we will be able to give out cancelation meals at 12:30 p.m.

Thanks in advance!

COST BY AGE-

50-55

\$7.67

55-59

\$3.25

60 AND UP

\$2 (DONATION)

Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk
5 ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk
19 ♦ Salisbury steak w/brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk

Notice

ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY

In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, meals cannot be removed from the meal site designated dining area, however fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule. If you have any questions regarding regulations and guidelines, please call Senior Affairs

Nutrition and Transportation Division Manager

Tim Martinez at 505-764-6450 for further clarification.

Thank you in advance for your cooperation.



Longfellow Elementary



**JEFFERSON
MIDDLE SCHOOL**
HOME OF THE JETS



**ALBUQUERQUE
PUBLIC SCHOOLS**

**Youth Program Information
Coming Soon!**

Important Note:

If you have any questions or concerns about your child or the program, please feel free to call Santa Barbara Martineztown (505)767-5671

**Before and After
School Fees**

- \$20.00 annual membership fee and
- \$15.00 per month (per child)