

# January 2025

## Santa Barbara Martineztown Multigenerational Center

505.767.5671

1825 Edith Blvd NE 87102

[cabq.gov/seniors](http://cabq.gov/seniors)



### Welcome to Santa Barbara Martineztown!

Message from the Center Manager  
Dear Community Members,

Happy New Year!

We're thrilled to bring you some exciting updates about what's happening at the Santa Barbara Martineztown Multigenerational Center. Here's what's coming up:

#### Programs for Kids!

##### After-School Program

Starting January 6th, from 3 PM-5 PM, we'll be hosting an enriching after-school program for children ages 5 to 13. We'll provide pick-up from the Jefferson Middle School bus stop and are awaiting confirmation for Lew Wallace Elementary.

Programs for all! MAKE SURE TO RSVP WITH THE FRONT DESK!

##### Upcoming Dances

Mark your calendars!

- January 27th: Dance to Rio Grand Express with a Great Gatsby 1920s theme.
- February 24th: "Love Through the Decades" dance theme.

##### Programs Starting in January

###### Bingo

- Join us on the 1st and 3rd Monday of each month, from 1:30 PM-3:00 PM. RSVP with the front desk today!

###### Spice Rack Remedies Presentation

- Discover the healing powers of everyday spices like Bay Leaf in this engaging session. RSVP now to secure your spot!

###### Other Exciting Events:

- Albuquerque Fire Rescue Fall Prevention Class: February 4th, 9:00 AM-10:00 AM
- Senior Citizens Law Office Presentations:
  - Scam and Identity Theft: January 21st, 9:00 AM-10:00 AM
  - Estate Planning: February 11th, 9:00 AM-10:00 AM
  - Power of Attorney: February 25th, 9:00 AM-10:00 AM
- Bank of America
  - Scam Prevention: February 18th, 11:00 AM-12:00 PM

###### Ongoing Activities

Don't forget to join our Pickleball sessions every Thursday afternoon from 1:30 PM-3:00 PM. And don't miss our Movie Mondays and Thursdays for a fun, packed month of films!

###### Volunteers Needed

We're seeking volunteers and instructors to share their talents and positively impact our community. If you're interested, call us at 505-609-7198 to get involved!  
Thank You for Your Support

Let's continue to work together to build a thriving community. The Santa Barbara Martineztown Multigenerational Center is here to welcome you home.  
Thank you for being part of this journey with us!

Warm regards,  
Matthew Montoya  
Center Manager

### Center Hours

Monday-Friday:  
8:00 AM-5:00 PM

Saturday and Sunday:  
Closed.

#### Mayor

Timothy M. Keller



#### Director

Anna M. Sanchez

### Center Staff

Matthew Montoya  
Center Manager

Elijah Sims  
General Service  
Worker

Part-Time Staff  
Anika, Cindy, and  
Albert

### IMPORTANT CLOSURES

NEW YEARS  
January 1st



Martin Luther King  
Jr Day  
January 20th

# Monday

|                           |                 |
|---------------------------|-----------------|
| Friendship Coffee         | 8:00 AM-2:00 PM |
| Puzzle Table              | 8:00 AM-4:45 PM |
| Yoga                      | 8:30 AM-9:30 AM |
| Movie                     | 1:30 PM-3:30 PM |
| Bingo(1st and 3rd Monday) | 1:30 PM-3:00 PM |
| Dance(4th Monday)         | 1:30 PM-3:00 PM |



# Tuesday

|                   |                 |
|-------------------|-----------------|
| Friendship Coffee | 8:00 AM-2:00 PM |
| Puzzle Table      | 8:00 AM-4:45 PM |
| Tech Help Tuesday | 8:00 AM-4:45 PM |
| Line Dancing      | 1:00 PM-2:00 PM |



# Wednesday

|  |                   |
|--|-------------------|
| Friendship Coffee                        | 8:00 AM-2:00 PM   |
| Flea Market                              | 8:00 AM-12:00 PM  |
| Flea Market Sign up<br>(Last Wednesday)  | 10:15 AM-11:00 AM |
| Puzzle Table                             | 8:00 AM-4:45 PM   |
| Walk in the Park                         | 8:30 AM-9:00 AM   |
| YouTube Foodies                          | 9:00 AM-10:00 AM  |
| Paint and Sip                            | 10:00 AM-12:00 PM |
| Spice Rack Remedies<br>(2nd Wednesday)   | 10:30 AM-11:30 AM |
| Yoga                                     | 12:00 PM-1:00 PM  |
| Birthday Celebration!<br>(3rd Wednesday) | 1:00 PM-1:30 PM   |
| Volleyball                               | 1:30 PM-3:00 PM   |



# Thursday

|                    |                   |
|--------------------|-------------------|
| Friendship Coffee  | 8:00 AM-2:00 PM   |
| Puzzle Table       | 8:00 AM-4:45 PM   |
| Movie Fiesta Month | 9:00 AM-11:00 AM  |
| Crochet Group      | 10:00 AM-11:30 PM |
| Pickleball         | 1:30 AM-3:00 PM   |



# Friday

|                   |                   |
|-------------------|-------------------|
| Friendship Coffee | 8:00 AM-2:00 PM   |
| Puzzle Table      | 8:00 AM-4:45 PM   |
| Yoga              | 9:45 AM-10:45 AM  |
| Karaoke           | 11:00 AM-12:30 PM |
| Card Game Time    | 1:30 PM-3:00 PM   |



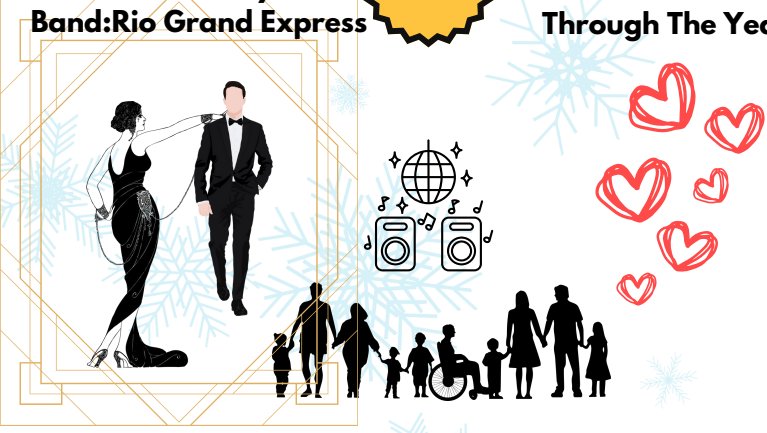
**More Activities  
Coming Soon!**

## Inclusive Beats: Dance, Smile, Belong

January 27th, 2024  
1:30 PM-3:00 PM  
The Great Gatsby  
Band: Rio Grand Express



February 24th, 2024  
1:30 PM-3:00 PM  
A Celebration Of Love  
Through The Years.



## Senior Citizens Law Office Presentations

Dont forget to RSVP and Join us for these helpful and great presentations with the front desk!

Scams and Identity Theft Presentation  
Tuesday, Jan. 21, 2025, 9 AM



Estate Planning Presentation  
Tuesday, Feb. 11, 2025, 9 AM

Power of Attorney Presentation  
Tuesday, Feb. 25, 2025, 9 AM



## Birthday Cake Celebration

Join us every third Wednesday of the Month for our Birthday Cake Celebration, Sponsored by Oak Street Health.



Wednesday- January 15th  
1:00 PM

## Monthly Spice Rack Remedies: Presentation by: Michael 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!

Bay Leaves  
Wednesday, January 8th  
10:30 AM-11:30 AM  
\*Sign up at front desk

TBD  
Wednesday, February 12th  
10:30 AM-11:30 AM  
\*Sign up at front desk



## Albuquerque Fire Rescue Fall Prevention Presentation

Join us at the Santa Barbara Martineztown Multigenerational Center for a Fall Prevention Class with Albuquerque Fire Rescue to learn tips and strategies for staying safe and reducing fall risks!



Tuesday- February 4th  
9:00 AM-11:00 AM

## Bank of America Scam Prevention Presentation

Join us at the Santa Barbara Martineztown Multigenerational Center for a Scam Prevention Class presented by Bank of America. Learn how to spot scams, protect your information, and stay financially secure!



CALL THE CENTER TO RSVP YOUR SPOT



Tuesday- February 18th  
11:00 AM-12:00 PM

BANK OF AMERICA



**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.
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.

## Puzzle Table

Take a break and enjoy a peaceful time with puzzles while giving your brain a little workout! Stop by and help us piece together some fun as we relax and challenge our minds.

**Monday-Friday  
8:00 AM-4:45 PM**

## 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.

# Santa Barbara Martineztown Multigenerational Flea Markets

Come join us for flea markets every Wednesday!

All ages!  
Come find some knick knacks to take home!



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

**Lottery Drawing  
Wednesday, January 29th  
10:15 AM**

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



## 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

**January 27th  
12:00 PM-1:30 PM  
Santa Barbara Martineztown  
1825 Edith Blvd NE**

## That Darn Yarn: Crochet Group



**Thursdays  
10:00 AM-11:30 AM**



## Karaoke

**Fridays  
11:00 AM-12:30 PM**

Join us for a fun-filled karaoke session where you can sing your heart out and shine like a star!



## Yoga (Beginning)

**Mondays  
8:30 AM - 9:30 AM)  
(\$3 FEE)Wednesdays  
12:00 PM- 1:00 PM**

Join our great beginning Yoga class open for All ages who love to Stretch and Feel at Peace. **Fridays  
9:45 AM - 10:45 AM**

# Movie Fiesta Month

**\*Attention- Movies subject to change\***

## Mondays

**Movie: The Martian**  
**Monday, January 6**  
**Rating: PG-13**  
**1:30 PM -3:30 PM**



**Movie: Beetlejuice Beetlejuice**  
**Monday, January 13**  
**Rating: PG-13**  
**1:30 PM -3:30 PM**



**Movie: Oz The Great and Powerful**  
**Monday, January 27**  
**Rating: PG-13**  
**1:30 PM -3:30 PM**



## Thursdays

**Movie: Rise of the guardians**  
**Thursday, January 2**  
**Rating: PG**  
**9:00 AM -11:00 AM**



**Movie: Red One**  
**Thursday, January 9**  
**Rating: PG-13**  
**9:00 AM -11:00 AM**



**Movie: Crazy Rich Asians**  
**Thursday, January 16**  
**Rating: PG-13**  
**9:00 AM -11:00 AM**



**Movie: The Wizard of Oz**  
**Thursday, January 23**  
**Rating: PG**  
**9:00 AM -11:00 AM**



**Movie: Remember the Titans**  
**Thursday, January 30**  
**Rating: PG**  
**9:00 AM -11:00 AM**



**Tech Help Tuesday**  
 Come join us every Tuesday all day!

Come find some help with your technology from the staff of Santa Barbara Martineztown Multigenerational Center!

**YouTube Foodies**  
 Learn how to whip up delicious, healthy meals on a budget in our fun and easy online cooking class!

**Wednesday**  
**9:00 AM-10:00 AM**

**Fridays**  
**1:30 PM-3:00 PM**  
**Card 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**

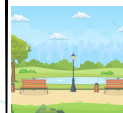
**Bingo**  
 Join us for some exciting games of Blngo!!  
**1st and 3rd Monday of the month**  
**1:30 PM-3:00 PM**



**Paint and Sip Coffee**  
 Unwind with a relaxing Paint & Sip session—enjoy a cup of coffee while you unleash your creativity on canvas!



**Wednesdays**  
**10:00 AM-12:00 PM**



**Walk in the Park**  
 Take a refreshing stroll with us through the park as the leaves fall and we embrace the beauty of the fall season every Wednesday!  
**Note: if inclement weather we can walk inside the building.**

**Wednesdays**  
**8:30 AM-9:00 AM**

# JANUARY 2025



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 PM 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**

**\$8.41**

**55-59**

**\$5.55**

**60 AND UP**

**\$2**

**(DONATION)**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| 30<br>♦ Texas Chili<br>♦ Cornbread/Margarine<br>♦ Succotash<br>♦ Diced Pears<br>♦ 1% milk<br>   | 31<br>♦ Asian Diced Pork/Peppers<br>♦ Rice Pilaf<br>♦ Oriental Blend<br>♦ Fortune Cookie<br>♦ 1% milk<br>  | 1<br><b>CLOSED</b><br><b>HAPPY NEW YEAR</b>  | 2<br>♦ Omelet w/ Red Chile & Peppers<br>♦ Sweet Potatoes<br>♦ Blackeye Peas<br>♦ Dinner Roll/Margarine<br>♦ Pudding<br>♦ 1% milk<br>          | 3<br>♦ Breaded Cod/Tartar Sauce<br>♦ Crinkle Cut Fries<br>♦ Peas & Carrots<br>♦ Brownies<br>♦ 1% milk<br>  |
| 6<br>♦ Salisbury Steak w/ Green Chile Gravy<br>♦ Sweet Potato Mash<br>♦ Cauliflower w/ Pepitas<br>♦ Diner Roll/Margarine<br>♦ Orange<br>♦ 1% milk<br> | 7<br>♦ Turkey Tetraxini<br>♦ Corn & Edamame<br>♦ Dinner Roll/Margarine<br>♦ Jell-O<br>♦ 1% milk<br>  | 8<br>♦ Lemon Pepper Salmon<br>♦ Brown Rice<br>♦ Roasted Fall Veggies<br>♦ Dinner Roll/Margarine<br>♦ Mixed Berries<br>♦ 1% milk<br>  | 9<br>♦ Omelet w/ Red Chile & Pepitas<br>♦ Pinto Beans w/ Spinach & Bell Peppers<br>♦ Dinner Roll/Margarine<br>♦ Apple Slices<br>♦ 1% milk<br> | 10<br>♦ Diced Pork w/ Gravy<br>♦ Mashed Potatoes<br>♦ Steamed Broccoli<br>♦ Dinner Roll/Margarine<br>♦ Pear Slices<br>♦ 1% milk<br>                      |
| 13<br>♦ Beef Tips w/ Gravy Over Bowtie Pasta<br>♦ Brussel Sprouts<br>♦ Diner Roll/ Margarine<br>♦ Yogurt<br>♦ 1% milk<br>                             | 14<br>♦ Lemon Baked Tilapia w/ Tartar Sauce<br>♦ Sweet Potato Mash<br>♦ Green Beans<br>♦ Diner Roll/ Margarine<br>♦ Mixed Berries<br>♦ 1% milk<br> | 15<br>♦ Chicken Tamales w/ Red Chile & Pepitas<br>♦ Steamed Mushroom<br>♦ Berry Compote<br>♦ 1% milk<br>                             | 16<br>♦ Cheese Lasagna<br>♦ Roasted Fall Veggies<br>♦ Dinner Roll/Margarine<br>♦ Jell-O<br>♦ 1% milk<br>                                      | 17<br>♦ Chicken Posole<br>♦ Steamed Mushroom<br>♦ Sautéed Spinach<br>♦ Diner Roll/ Margarine<br>♦ Orange<br>♦ 1% milk<br>                                |
| 20<br>  | 21<br>♦ Baked Chicken<br>♦ Sweet Potato Mash<br>♦ Sautéed Spinach<br>♦ Diner Roll/ Margarine<br>♦ Jell-O<br>♦ 1% milk<br>                          | 22<br>♦ Lemon Pepper Salmon<br>♦ Mashed Potatoes<br>♦ Steamed Broccoli<br>♦ Diner Roll/ Margarine<br>♦ Apple Slices<br>♦ 1% milk<br> | 23<br>♦ Macaroni & Broccoli<br>♦ Brussel Sprouts<br>♦ Diner Roll/ Margarine<br>♦ Pineapple<br>♦ 1% milk<br>                                   | 24<br>♦ Salisbury Steak w/ Green Chile Gravy<br>♦ Mashed Potatoes<br>♦ Roasted Fall Veggies<br>♦ Diner Roll/ Margarine<br>♦ Pear Slices<br>♦ 1% milk<br> |
| 27<br>♦ Lemon Baked Tilapia w/ Tartar Suce<br>♦ Mashed Potatoes<br>♦ Corn & Edamame<br>♦ Diner Roll/ Margarine<br>♦ Apple Slices<br>♦ 1% milk<br>     | 28<br>♦ Chicken Tamales w/ Red Chile & Pepitas<br>♦ Steamed Mushroom<br>♦ Berry Compote<br>♦ 1% milk<br>   | 29<br>♦ Diced Pork w/ Gravy<br>♦ Sweet Potato Mash<br>♦ Green Beans<br>♦ Diner Roll/ Margarine<br>♦ Jell-O<br>♦ 1% milk<br>          | 30<br>♦ Spaghetti w/ Tomato Sauce & Mushrooms<br>♦ Cauliflower w/ Pepitas<br>♦ Dinner Roll/Margarine<br>♦ Orange<br>♦ 1% milk<br>             | 31<br>♦ Beef Tips w/ Gravy<br>♦ Brown Rice<br>♦ Roasted Fall Veggies<br>♦ Diner Roll/Margarine<br>♦ Mixed Berries<br>♦ 1% milk<br>                       |

**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.**

# Santa Barbara Martineztown Multigenerational Center

Presents:

## After School Youth Program!

**Ages:**

5 - 13 years old

**Dates:**

January 6th- May 16th

**Hours of Operation:**

3:30 PM- 5:00 PM

**Location:**

Santa Barbara Martineztown  
Multigenerational Center  
1825 Edith Blvd NE,  
Albuquerque, NM 87102

**School Location:**

**Low Wallace Elementary-**  
We will Transport from School to Center.

**Jefferson Middle School-**

Pick up from the Bus stop off of Edith Blvd NE and Hannett Ave NE

**Phone:**

505-767-5671

**Fees:**

- Active Membership Fee: \$20 Annual, per child
- Program Fee: \$15 per month, per child

**Supper Meal will be provided**

**Snacks are welcome!**

**Planned Activities & Field Trips Include:**

- Arts & Crafts
- Sports & Outdoor Games
- Field Trips to Local Attractions
- Fun Group Projects

**Call us today to reserve your spot! Spaces are limited!**

**The Youth Zone!-  
Starting in January!**

**NEW!**



**ONE  
ALBUQUE  
RQUE** senior affairs