

# July 2024

## Santa Barbara Martinextown Multigenerational Center



505.609.7198  
1825 Edith Blvd 87102  
[cabq.gov/seniors](http://cabq.gov/seniors)

## Welcome to Santa Barbara Martinextown

### Message From the Coordinator

Dear Community Members,

HAPPY  
4th of  
July

Join us for a month of exciting activities at the Santa Barbara Martinextown Multigenerational Center!

- **Teen Tuesday Dances: Every Tuesday in July, 3:00 PM - 4:30 PM, just \$2!**
- **Line Dancing: Starting July 2nd, Tuesdays, 1:00 PM - 2:30 PM.**
- **Multigenerational Flea Markets: Wednesdays, 8:00 AM - 11:00 AM.**
- **Tai Chi Class: Starting July 9th, Tuesdays and Thursdays, 10:30 AM - 11:30 AM.**
- **Hot Meals for Lunch: Call before 1 PM the day before to reserve.**
- **Weekly Movies: Enjoy great films each week.**
- **Cornhole: Wednesdays, 1:30 PM - 2:30 PM.**

We're also looking for volunteers and instructors. Share your talent or give back to the community—call us at 505-609-7198!

Let's work together to build a thriving community. The Santa Barbara Martinextown Multigenerational Center is here to welcome you home!

Thank you for your support,  
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 Services



## Scam And Identity Theft

Senior Citizens Law Office

Come Learn About:

- Common scams
- Red flags to watch for
- How to fix Identity Theft



Thursday, July 11th

9:00 AM

\*Sign up at front desk

## 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

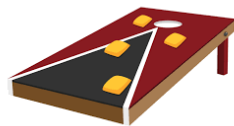
\*Sign up at front desk

## CORN HOLE

Wednesdays

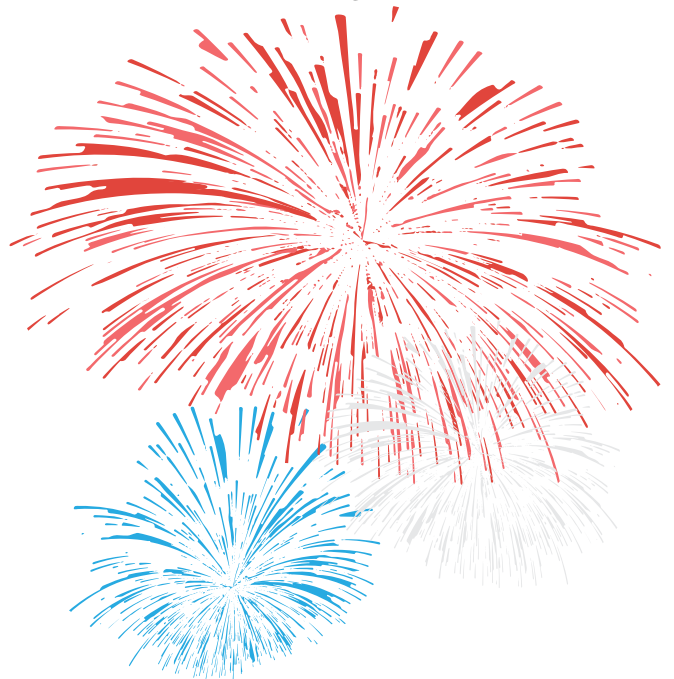
1:30 PM - 2:30 PM

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



## Important Dates and Closures

### 4th of July - Closed



### **SCHOOL SIGN UP**

### **(FIRST COME, FIRST SERVED)**

**CONTACT THE CENTER FOR  
MORE INFORMATION!  
MORNING PROGRAM FOR  
ELEMENTARY SCHOOL  
AND  
AFTERNOON PROGRAM  
MIDDLE SCHOOL**



## 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.

## 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 would like to participate.

Come join us for flea markets every Wednesday!  
**Beginning July 3rd**  
All ages!(Must be a Member)  
Come find some knick knacks to take home!



**\$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.

## Multigenerational Flea Markets

Wednesday June 26th.

10:15 AM. Lottery Drawing



## Line Dancing (Beginning)

**Tuesdays from 1:00 PM - 2:30 PM**

Begins on July 2nd

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

**July 15, 2024, starting at 12:00 PM**

**North Domingo Baca Multigenerational Center**

**8521 Carmel Ave NE 87113**



**Cost: \$5 per class**

**Tai Chi Chuan**

**Tuesdays and Thursdays**

**10:30 AM - 11:30 AM**

**Begins on July 9th**



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!

# Movie Fiesta Month

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



**Movie:MAX**  
**Wednesday, July 3rd**  
**Rating:PG**  
**9:00 AM. -11:00 AM.**

**Movie:Wonka**  
**Thursday, July 11th**  
**Rating:PG**  
**9:00 AM. -11:00 AM.**



**Black Adam**  
**Thursday, July 18th**  
**Rating:PG-13**  
**Parent required**  
**9:00 AM. -11:00 AM.**



**Blue Beetle**  
**Thursday, July 25th**  
**Rating:PG-13**  
**Parent required**  
**9:00 AM. -11:00 AM.**



# Teen Day Tuesdays

## Red, White, and Blue Dance

**Tuesday, July 2nd from 3:00 PM - 4:30 PM**  
Teens join us for a fun dance.

## Color Dance Party

**Tuesday, July 9th from 3:00 PM - 4:30 PM**

Come in your favorite color! Enjoy some great music and a good time

## Pajama Jam Party

**Tuesday, July 16th from 3:00 PM - 4:30 PM**

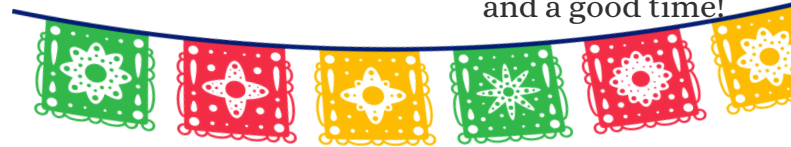
Come in your favorite Pajamas  
Enjoy the Music and have a good time!



## Latino Dance Night

**Tuesday, July 23rd from 3:00 PM - 4:30 PM**

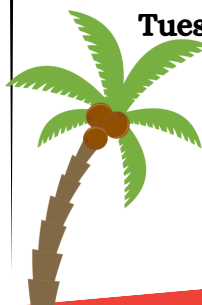
Neon clothes, music and a good time!



## Luau Night

**Tuesday, July 30th from 3:00 PM - 4:30 PM**

Vaction Shirts and Music





# July 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  
**505-609-7198**  
to make your reservation by  
1:00PM the day prior.

If you made a reservation, but need to cancel, please inform us, so we can give your meal to another participant.

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

Thanks in advance!  
**COST BY AGE-**

50-55

\$7.67

55-59

5.55

60 AND UP

\$2 (DONATION)

Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk	4  ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk	5 ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk
8 ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk	10 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk	11 ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk	12 ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk	16 ♦ Sweet & Sour chicken w/stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie ♦ 1% milk	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk
22 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk
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

## 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.

# The Youth Zone Coming in August!



## After School Fees

- \$20.00 annual membership fee
- \$15.00 per month
- \$30.00 per month for summer (summer 2025)

We are planning on transportation. Pick up and drop off to and from the center from the school.

### Parents and Students Information:

#### Daily Activities

Snack, Homework/Reading, Activity, Recess

#### REMINDER:

#### PLEASE LEAVE PERSONAL ITEMS AT HOME, SUCH AS:

Toys, iPods, Gameboy's and Cards are not allowed at Program.

We are not responsible for any lost or stolen items.

#### Important Note:

If you have any questions or concerns about your child or the program, please feel free to call Santa Barbara Martineztown (505)609-7198

Before school starts at 8:00 AM  
Provide Ride to school at 8:30 AM

### Elementary Before School Program Schedule

8:00 AM-Elementary school arrival  
8:30 AM-Drop off at Longfellow Elementary

Washington Middle School  
Afterschool  
Pick Up-3:45 PM

### Middle School After School Program Schedule

3:55 PM -Middle school arrival  
4:15PM-4:30PM -Supper Meals  
4:30 p.m.-5:00 PM Activity/Homework/Reading



ALBUQUERQUE PUBLIC SCHOOLS

## After School Daily Activites

### AUGUST

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5) <u>ART-Name Game</u>  <u>GYM-Scrap Ball</u>	6) <u>ART-4 Corners</u>  <u>GYM-Knock out</u>	7) <u>ART-UNO</u>  <u>GYM-Watch Your Back Tag</u>	8) <u>ART-Draw and Pass</u>  <u>GYM-Soccer</u>	9) <u>ART-Draw things with circles</u>  <u>GYM-One Fish Two Fish Red Fish Blue Fish</u>
12) <u>ART-Glitter Names</u>  <u>GYM-500</u>	13) <u>ART-Ghost in the Graveyard</u>  <u>GYM-Zombie Tag</u>	14) <u>ART-Finger Painting</u>  <u>GYM-Freeze Dance</u>	15) <u>ART-Board Games</u>  <u>GYM-Corn Hole</u>	16) <u>ART-Heads Up Seven Up</u>  <u>GYM-Humans vs Zombies</u>
19) <u>ART-Jenga</u>  <u>GYM-Ships and sailors</u>	20) <u>ART-Pom Pom Buddies</u>  <u>GYM-Stuck in the mud tag</u>	21) <u>ART-Bowling</u>  <u>GYM-Color Game</u>	22) <u>ART-Paint a Rock</u>  <u>GYM-Keep The Balloon Up</u>	23) <u>ART-Checkers</u>  <u>GYM-Obstacle course</u>
26) <u>ART-Clothes Hanger Buddies</u>  <u>GYM-Kickball</u>	27) <u>ART-Hand Print Animals</u>  <u>GYM-Helicopter</u>	28) <u>ART-Doodle Art</u>  <u>GYM-Sharks and Lifeguards</u>	29) <u>ART-craft stick puzzles</u>  <u>GYM-Catch and Step</u>	30) <u>ART-Braclet Making</u>  <u>GYM-Duck Hunt</u>