

June 2024

**Santa Barbara Martinextown
Multigenerational Center**

**1825 Edith Blvd 87102
505.768.5353
cabq.gov/seniors**

**Welcome to Santa
Barbara Martinextown**



Message from Dir. 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 Martinextown 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-Martinextown 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

**Monday-Friday:
8:00 a.m - 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**

**Important Dates
and Closures**

**Juneteenth Closed -
6.19.2024**



**School Lottery Sign
Up
Late July**

Participant Code Of Conduct

Message From the Coordinator

Dear Community Members,

Welcome to June! I'm Matthew Montoya, and I'm thrilled to be leading this incredible establishment. As the coordinator, I'm eager to see what Santa Barbara Martineztown has in store for us. We're gearing up for some exciting new opportunities, from volunteering at the front desk to helping with food distribution.

Join us for the grand opening of the Santa Barbara Martinez Town Multigenerational Center! We're opening our doors to you with enthusiasm and warmth, inviting you to witness the start of a new chapter in our neighborhood's story.

Come experience a vibrant community hub designed to cater to all generations. From kids to seniors, we're offering a diverse range of services aimed at enriching lives and bringing us together. Our inaugural line dance classes promise to be a blast, and we're just getting started!

We're also on the lookout for volunteers, instructors, and teachers. If you have a talent to share or simply want to give back to the community, we'd love to have you on board. Reach out to us at 505-768-5353!

With a focus on empowerment and community spirit, we're poised to make a positive impact. Let's work together to build a future where everyone thrives. The Santa Barbara Martinez Town Multigenerational Center is here to welcome you home.

We would also like to extend a heartfelt thank you to our sponsor, United Healthcare, for providing the funding for the grand opening of Santa Barbara Martineztown.

**Thank you for your support,
Matthew Montoya Coordinator Santa Barbara
Martineztown Multigenerational Center**



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 A.M..

***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 A.M..

***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 A.M..

***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 A.M.-11:00 A.M..

***Sign up at front desk**

Participant Code Of Conduct

The Zone

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.

Tai Chi Chuang

Friday

10:30 AM - 11:30 AM

Join our relaxing beginning Tai Chi Chuan class!

Cost: \$5 per class



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!
Beginning July 3rd
 All ages!(Must be a Member)
 Come find some knick knacks to take home!



\$2 per table

8:00 A.M.- 11:00 A.M.

Multigenerational Flea Markets

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

Wednesday June 26th.

10:15 a.m. Lottery Drawing



Line Dancing (Beginning)

Tuesdays from 1:00 PM - 2:30 PM

Begins on July 2nd

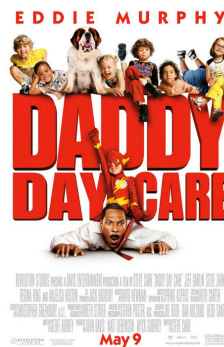
Join our great beginning line dancing class open for All ages who loves to line dance or wants to learn line dancing!

DSA Advisory Council

June 17, 2024, starting at 12:00 p.m.

North Valley Senior Center

3825 4th St NW 87107



Fathers Day

Movie For All Ages

Friday, June 14th

9:00 a.m. -10:45 a.m.

Join us for a special movie night with the kids this Friday, just in time to celebrate Father's Day!



Yoga (Beginning)

Mondays and Thursdays

8:30 AM - 9:30 AM

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















June 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
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk 
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk 

IMPORTANT NOTICE

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

Please call 505-768-5353 to make your reservation by 1:00P.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

5.55

60 AND UP

\$2 (DONATION)

**HOT MEALS BEGIN ON MONDAY
JUNE 17TH
BE SURE TO CALL IN YOUR HOT
MEAL REQUEST ON
FRIDAY, JUNE 14TH BEFORE 1:00 PM.**

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)768-5353



Longfellow
Elementary School

Afterschool

Pick Up-4:10 p.m. to
4:20 p.m.



Washington Middle
School

Afterschool

Pick Up-3:40 p.m. to
3:50 p.m.



Afterschool Schedule

3:55 p.m.-Middle school arrival

4:15 p.m.-Elementary School Arrival

4:15 p.m.4:30-Supper Meals

4:30 p.m.-5:00 p.m.

Activity/Homework/Reading



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>