

March 2025

Santa Barbara Martineztown Multigenerational Center



505.767.5671

1825 Edith Blvd NE 87102

cabq.gov/seniors

Welcome to Santa Barbara Martineztown!

Message from Dir. Sanchez:

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director

Exciting Center News!

We're thrilled to announce that Zumba Gold will now be offered on Tuesdays, and we're adding a second class on Fridays from 3:45 to 4:45 pm with our new instructor, Leo, who is phenomenal! Come join us for some low-impact Zumba and have fun while getting your groove on!

We're also celebrating our Centenarians! If you know someone who is turning 100 or is close to this milestone, we'd love to celebrate them at our Centenarian Birthday Celebration on April 16th from 1:30 pm to 3:00 pm. We'll have cake from OakStreet Health and an amazing band for everyone to enjoy and dance to.

Don't miss out on our new class, "On The Move", designed to help seniors stay active, strengthen their muscles, and prevent accidental falls. Sign up today by calling or stopping by the front desk!

We're also excited to announce a new partnership with New Mexico Rail Runner! This program will provide trips for seniors to visit their loved ones. Sign up today at the front desk to take advantage of this opportunity!

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
Program Coordinator

Elijah Sims
General Service
Worker

Part-Time Staff
Aaliyah, Albert, Anika,
and Cindy

IMPORTANT

**50+ SENIOR
TECH
CONNECT**
SAVE THE DATE!
APRIL 11, 2025
NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER
ONE ALBUQUE RQUE senior affairs diverseIT.

Free Ride!
Santa Fe
National Cemetery
**Sign Up at
Front Desk**
April 9, 2025 | May 14, 2025 | June 11, 2025

Monday

Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Puzzle Table	8:00 AM-4:45 PM
Yoga	8:30 AM-9:30 AM
On The Move	1:15 PM-2:15 PM
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
Computer Lab	8:00 AM-3:00 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
Zumba-Low Impact	3:45 PM-4:45 PM



Wednesday

Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Flea Market	8:00 AM-12:00 PM
Flea Market Sign up (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 (2nd Wednesday)	10:30 AM-11:30 AM
Yoga	12:00 PM-1:00 PM
Birthday Celebration! (3rd Wednesday)	1:00 PM-1:30 PM
On The Move	1:15 PM-2:15 PM
Corn Hole	1:30 PM-2:30 PM



Thursday

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



Friday

Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 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
Zumba-Low Impact	3:45 PM-4:45 PM



**More Activities
Coming Soon!**

ONE ALBUQUE ROQUE senior affairs
 SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER PRESENTS:



Centenarian Birthday Celebration

April 16th, 2025

COME JOIN US FOR A CELEBRATION WITH A LIVE BAND AND COME DANCE WITH US TO CELEBRATE A CENTURY OF BEING ALIVE!

RSVP WITH THE FRONT DESK AT 505-767-5671	ENTRY: FREE START AT 1:30 PM-3:00 PM
--	--------------------------------------

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER
 1825 EDITH BLVD NE 87102
 505-767-5671




Birthday Cake Celebration

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

Wednesday- March 19th
 1:00 PM



Centenarian Birthday Celebration
 Wednesday, April 16th
 1:30 PM

Inclusive Beats: Dance, Smile, Belong

March 24th, 2025 1:30 PM-3:00 PM Mardi Gras Masquerade		April 28th, 2025 1:30 PM-3:00 PM Grease is the Word
--	---	---






Trip to Santa Fe to Visit Loved Ones via the Rail Runner

Provided By New Mexico Rail Runner

We're also excited to announce a new partnership with New Mexico Rail Runner! This program will provide trips for seniors to visit their loved ones. Sign up today at the front desk to take advantage of this opportunity!

Wednesday, April 2nd Time:TBD *Sign up at front desk	Wednesday, May 7th Time:TBD *Sign up at front desk
--	--



Wednesday, June 4th
 Time:TBD
 *Sign up at front desk



Senior Citizens Law Office Presentations

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


Smart Shopping Tuesday, Mar. 18th 2025, 9 AM	
Legal Clinic Tuesday, April 15, 9-11 AM: Legal clinic	

On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM)

Join us for a class led by Ilene Dunn who has accreditation of many phenomenal classes that help strengthen and move your body.

Mondays and Wednesdays
 Starting March 3rd
 1:30 PM-2:30 PM

Cost:Free



ThinkFirst for Adult Fall Prevention Presentation




Tuesday, April 15 at 10:00 am

Join us for an informative Fall Prevention Class, presented by Helen Sisneros in collaboration with Think First and UNM. Learn valuable tips and techniques to stay safe, active, and confident!

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.

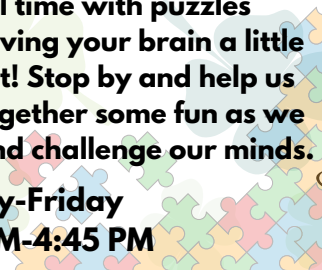
Participants are prohibited from:

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, March 26th
10:15 AM**



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



Line Dancing (Beginning)

Tuesdays from 1:00 PM - 2:00 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



**March 17th
12:00 PM-1:30 PM**

**Palo Duro Senior Center
5221 Palo Duro Ave NE, Albuquerque, NM 87110**

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**

Movies

Attention- Movies subject to change

Mondays

Action
Monday, March 3rd
1:30 PM -3:30 PM



Comedy
Monday, March 10th
1:30 PM -3:30 PM



Drama
Monday, March 17th
1:30 PM -3:30 PM



Romance
Monday, March 24th
1:30 PM -3:30 PM



Viewers Choice
Monday, March 31st
1:30 PM -3:30 PM



Thursdays

Drama
Thursday, March 6th
9:00 AM -11:00 AM



Action
Thursday, March 13th
9:00 AM -11:00 AM



Romance
Thursday, March 20th
9:00 AM -11:00 AM



Comedy
Thursday, March 27th
9:00 AM -11:00 AM



Zumba-Low Impact

Join us for some fun times and low impact zumba! Get your body going and break a sweat while listening to some awesome music with our phenomenal instructor Leo!

Tuesdays and Fridays
3:45 PM-4:45 PM



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

Card Game Time

Fridays
1:30 PM-3:00 PM

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 Bingo!!

1st Monday of the month
1:30 PM-3:00 PM

Paint and Sip Coffee

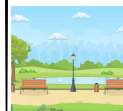
Unwind with a relaxing Paint & Sip session—enjoy a cup of coffee while you unleash your creativity on canvas!



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

Senior Hot Meals Monthly Schedule

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)

**ONE
ALBUQUE
RQUE**

MARCH 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	4 Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	5 Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz 	6 Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz 	7 Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz 
10 Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz 	11 Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz 	12 Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz 	13 Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	14 Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz 
17 Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz 	18 Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	19 Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz 	20 Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	21 Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 
24 Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz 	25 Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	26 Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	27 Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz 	28 Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz 

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

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!-
Started in January!**

NEW!



**ONE
ALBUQUE
RQUE** senior affairs