

# November 2024

## Santa Barbara Martinextown Multigenerational Center



505.767.5671  
1825 Edith Blvd NE 87102  
[cabq.gov/seniors](http://cabq.gov/seniors)

## Welcome to Santa Barbara Martinextown

Message from the Center Manager

Hey Santa Barbara Martinextown!

We want to take a moment to bid a heartfelt farewell to Natalie, who has been promoted to a new role at North Domingo Baca Multigenerational Center. While we'll miss her, we're excited to see her thrive in her new position! We also want to wish Ricky the best of luck on his new work endeavors!

At the same time, we're thrilled to welcome Alberto to our team as a new part-time employee! Be sure to say hello and give him a warm welcome when you see him.

We've got some amazing events and opportunities coming up, and we'd love for you to join us:

- **Volunteers and Instructors Needed:** Whether you have a hidden talent or just want to give back to the community, we'd love for you to get involved. Call us at 505-767-5671 to learn more!

Important Dates:

- The center will be closed on November 11th, 28th, and 29th for Veterans Day and Thanksgiving.
- North Valley Senior Center at 3823 Fourth St NW will be hosting a Thanksgiving Dinner on Thursday, November 28th, from 11:00 AM to 1:00 PM. Call 505-761-4023 to reserve your spot!
- Manzano Mesa Multigenerational Center at 501 Elizabeth St SE will host the Winter Holiday Senior Luncheon on Wednesday, December 25th, from 11:00 AM to 1:00 PM.
- **Birthday Cake Celebration:** Got a sweet tooth? Join us every third Wednesday for our Birthday Cake Celebration, sponsored by Oak Street Health. Sign in and grab a delicious treat at 1:00 PM, right after lunch. Don't miss this monthly gathering!
- **Movie Mondays:** Starting soon, we'll host Movie Mondays from 1:30 PM to 3:30 PM. Come relax and enjoy some great films with us!
- **Inclusive Beats:** Don't miss our new event, Inclusive Beats, an all-inclusive dance party every fourth Monday from 1:30 PM to 3:00 PM. This month, we're excited to have a live band, so wear your favorite outfit and get ready to dance! All are welcome—come show us your best moves!
- **Turkey Bingo:** Mark your calendars for Turkey Bingo on November 18th, 2024, from 1:00 PM to 3:00 PM. Join us for some fun and a chance to win a Thanksgiving turkey!

Your Santa Barbara Martinextown Multigenerational Center is your home away from home. Together, let's build an even stronger, more vibrant community. Thank you for being part of this amazing journey!

Warm regards,  
Matthew Montoya  
Center Manager

### Important Closures

We will be  
**CLOSED**  
November  
**11th**



We will be  
**CLOSED**  
November  
**28th & 29th**



### Center Hours

**Monday-Friday:**  
**8:00 AM-5:00 p.m.**  
**Saturday and Sunday:**  
**Closed.**

Mayor  
**Timothy M. Keller**



Director  
**Anna M. Sanchez**  
Division Manager  
**Angel Montoya**

Center Staff  
**Matthew Montoya**  
Center Manager

**Elijah Sims**  
General Service  
Worker

Part-Time Staff  
**Anika, Cindy, and**  
**Alberto**

**ONE**  
**ALBUQUE**  
**RQUE**

# 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
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-2:30 PM

# Wednesday

Friendship Coffee	8:00 AM-2:00 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
Volleyball	1:30 PM-3:00 PM
Yoga	12:00 PM-1:00PM

# 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!***

**Santa Barbara Martineztown  
Multigenerational Center**

1825 Edith Blvd NE 87102  
November 18th, 2024



Join us for a fun-filled evening of Turkey Bingo on November 18th, 2024! Get ready to win some fabulous prizes while enjoying the festive spirit of the season!

**What to Expect:**

- Exciting rounds of bingo with a chance to win turkeys, gift cards, and holiday goodies!
- Refreshments and snacks available for purchase.
- A cozy atmosphere perfect for family and friends!

**Inclusive Beats: Dance, Smile, Belong**

November 25th, 2024  
1:30 PM-3:00 PM  
A Time For Giving  
Live Band!



December 16th, 2024  
1:30 PM-3:00 PM  
Winter Wonderland



**Medicare Fair at Santa Barbara Martineztown  
Multigenerational Center**

Join Us for an Insurance Info Day!

Looking to learn more about your medical insurance options? Come on down for a fun and informative event where you can explore the different types of medical insurance available to you!

We'll have a variety of medical groups at your service with tables full of valuable information. Whether you're curious about new plans or need help navigating your current one, we've got you covered!

When: November 8th, 9:00 am - 12:00 pm

Where: Santa Barbara Martineztown Multigenerational Center  
1825 Edith Blvd NE 87102

Don't miss this chance to get all your insurance questions answered!

**University of New Mexico Presents:  
Healthy Aging Presentation**

Learn information from a  
Dr. about:

- How to stay fit and healthy when aging!



Tuesday, November 5th  
12:00 PM-1:00 PM  
\*Sign up at front desk

**Renewing Drivers' Licenses, Obtaining  
A Real ID Or A Name Change  
Senior Citizens Law Office**



Thursday, December 19th  
1:30 PM  
\*Sign up at front desk

- Learn how to
- Renew your driver's license
  - change your name

**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!

Coriander  
Wednesday, November 13th  
10:30 AM- 11:30 AM  
\*Sign up at the Front Desk



Garlic  
Wednesday, December 9th  
10:30 AM-11:30 AM  
\*Sign up at front desk

**Monthly Health Screening**

Occurs every 2nd and 4th Monday of the month from 9:30 AM-10:30am

\*Sign up At Front Desk\*



Keep track of your health!  
Do monthly screenings for Your blood pressure and heart rate/oxygen saturation with the pulse oximeter and blood pressure cuff with our assistance.

**New Mexico State University Presents:  
Ideas for Cooking and Nutrition (ICAN)**

Dates

November 19th  
November 26th  
October 3rd  
October 10th  
1:00 PM-2:30 PM



We will prepare food together and explore new cooking methods, while also learning healthier eating habits to benefit your overall well-being.

\*Sign up At Front Desk\*



## 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!



**\$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, November 27th.**

**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

November 18, 2024, starting at 12:00 p.m.

Casa Kitchen

2540 Karsten CT SE 87102



## 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)

Wednesdays

12:00 PM- 1:00 PM

Fridays

9:45 AM - 10:45 AM

Join our great beginning Yoga class open for All ages who love to Stretch and Feel at Peace.!

# Movie Fiesta Month

## Mondays

**Movie: Sandlot**  
**Monday, November 4**  
**Rating: PG**  
**1:30 PM. -3:30 PM.**



**Movie: Wizard of Oz**  
**Monday, November 18**  
**Rating: PG**  
**1:30 PM. -3:30 PM.**



**Movie: Five Feet Apart**  
**Monday, November 25**  
**Rating: PG**  
**1:30 PM. -3:30 PM.**

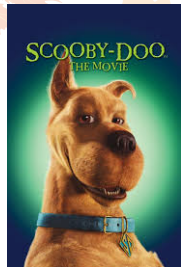


## Thursdays

**Movie: Ratatouille**  
**Thursday, November 7**  
**Rating: PG**  
**9:00 AM. -11:00 AM.**



**Movie: Scooby-Doo**  
**Thursday, November 14**  
**Rating: PG**  
**9:00 AM. -11:00 AM.**



**Movie: Free Bird**  
**Thursday, November 21**  
**Rating: PG**  
**9:00 AM. -11:00 AM.**



**\*ATTENTION- Movies to  
 Subject to Change\***

## 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

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.

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



## Pickleball

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

**Thursdays**  
**1:30 PM-3:00 PM**



## Volleyball

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

**Wednesdays**  
**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!

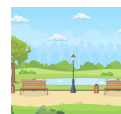
**Wednesdays**  
**10:00 AM-12:00 PM**



## 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**





# NOVEMBER 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 cancellation 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
28 ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk	29 ♦ Breaded Chicken Patty w/ Green Chile & White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Apple Slices w/ Peanut Butter Cup ♦ 1% milk	30 ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk	31 ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk	1 ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 1% milk
4 ♦ Pork Loin w/ Gravy ♦ Rice Pilaf ♦ Corn ♦ Dinner Roll w/ Margarine ♦ Diced Pears ♦ 1% milk	5 ♦ Green Chile Cheeseburger ♦ Italian Blend Vegetables ♦ Tater Tots w/ Ketchup ♦ Orange ♦ 1% milk	6 ♦ Chicken Fajita w/ Fajita Blend ♦ Diced Potatoes ♦ Pinto Beans ♦ Red Apple ♦ 1% milk	7 ♦ Broccoli Mac & Cheese ♦ Normandy Blend ♦ Cherry Cobbler ♦ 1% milk	8 ♦ Steak Fingers w/ White Gravy ♦ Red Potatoes ♦ Succotash ♦ Sugar Cookie ♦ 1% milk
11 <b>VETERANS DAY</b>	12 ♦ Ham w/ Pineapple Glaze ♦ Biscuit w/ Margarine ♦ Sweet Potatoes ♦ Mixed Fruit ♦ 1% milk	13 ♦ Meatball Sub Sandwich w/ Mozzarella ♦ Diced Potatoes w/ Ketchup ♦ Normandy Blend ♦ Mandarin Oranges ♦ 1% milk	14 ♦ Omelet w/ Mushrooms & Spinach ♦ Hashbrowns ♦ Stewed Tomatoes ♦ Yogurt ♦ 1% milk	15 ♦ Green Chile Chicken Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Vanilla Pudding ♦ 1% milk
18 ♦ Cajun Salmon ♦ Fettuccine Alfredo ♦ Steamed Carrots ♦ Granny Smith Apple ♦ 1% milk	19 ♦ Beef w/ Peppers & Onions ♦ Black Beans ♦ Imperial Blend ♦ Banana ♦ 1% milk	20 ♦ Beef Tips w/ Elbow Macaroni ♦ Roasted Carrots ♦ Sliced Beets ♦ Vanilla Pudding ♦ 1% milk	21 ♦ Pasta Primavera w/ Alfredo Sauce ♦ Northwest Blend ♦ Breadstick ♦ Peaches ♦ 1% milk	22 ♦ Breaded Cod Fish w/ Tarter Sauce ♦ Steamed Red Potatoes ♦ Peas ♦ Orange ♦ 1% milk
25 ♦ Rotisserie Chicken ♦ Rosemary Potatoes ♦ Corn w/ Red Peppers ♦ Grapes ♦ 1% milk	26 ♦ Carne Adovada w/ Red Chile ♦ Flour Tortilla ♦ Pinto Beans ♦ Spanish Rice ♦ Pineapple ♦ 1% milk	27 ♦ Herb Roasted Turkey w/ Gravy ♦ Stuffing w/ Gravy ♦ Green Bean Casserole ♦ Dinner Roll ♦ Pumpkin Cake ♦ 1% milk	28 29 <b>Happy Thanksgiving</b>	

**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.**