

October 2024



**Santa Barbara Martinextown
Multigenerational Center**



**505.767.5671
1825 Edith Blvd NE 87102
cabq.gov/seniors**

Welcome to Santa Barbara Martinextown

Message from the Center Manager

Hey Santa Barbara Martinextown Family!

We've got some awesome events and opportunities coming your way, and we want YOU to be part of the excitement! First up, we're on the lookout for passionate volunteers and instructors. Got a hidden talent or just want to give back? We'd love to have you! Call us at 505-767-5671 to jump in!

Heads up! We'll be closed on October 14th for Indigenous Peoples Day, but don't worry—we'll be back in action on October 15th!

Craving something sweet? Join us every third Wednesday for our Birthday Cake Celebration, sponsored by Oak Street Health. Come sign in and grab a delicious slice of cake at 1 pm right after lunch. You don't want to miss this monthly treat!

We're also thrilled to introduce Inclusive Beats—our all-inclusive dance party happening every fourth Monday from 1:30 pm - 3:00 pm! This month, we're turning it into a Costume Dance! So, throw on your favorite outfit and get ready to boogie down with us. All are welcome, and we can't wait to see those moves!

And mark your calendars—our Spooktacular Trunk or Treat is happening on October 30th from 3:00 pm - 4:30 pm. Expect lowriders, a shot clinic from Colovac, fun games, and even Strike Force Battlefield! Don't forget to come in costume for some spooky, fun-filled action!

Together, we can build a strong, vibrant community. Your Santa Barbara Martinextown Multigenerational Center is your home away from home, and we're here to make every day special!

**Thank you for being part of this amazing community,
Matthew Montoya, Program Coordinator**



**Sorry We're
CLOSED**

**Monday, October 14th
and will reopen on
Tuesday, October 15th.**

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
Program Coordinator**

**Rickey Garcia
Office Assistant**

**Elijah Sims
General Service Worker**

**Part-Time Staff
Anika, Cindy, Jesus
and Natalie**

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Spooktacular Trunk or Treat

Santa Barbara Martineztown
Multigenerational Center

1825 Edith Blvd NE 87102
Wednesday, October 30th
3:00pm-6:00 pm

Dress Up is Optional!



Come on and join us for a Spooktacular Trunk or Treat hosted with a Car Show, Treats, Games, Strike Force Battlefield and Shot Clinic And some Delicious DION'S PIZZA!

Call the front desk at 505-767-5671 to sign up!



Inclusive Beats: Dance, Smile, Belong-

October 28th, 2024
1:30 PM-3:00 PM
Boogie With Me
-Costume Dance



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



Monthly Screening Senior Citizens Law Office

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.

Sign up At Front Desk

Landlord-Tenant Law in New Mexico Senior Citizens Law Office



Learn information about
• Landlord Tenant Laws



Thursday, October 17th
1:30 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!



Cilantro/Turmeric
Wednesday, October 9th
10:30 AM-11:30 AM
*Sign up at front desk

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



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!



Voting Registration

October 4th, 2024
9:00 AM-11:00AM

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.

Santa Barbara Martineztown Multigenerational Flea Markets

Come join us for flea markets **every Wednesday!** Lottery is the last Wednesday of the month 10:15 am when drawing occurs for the following Months.
All ages!
Come find some knick knacks to take home!



\$2 per table
8:00 AM.- 12:00 PM. **Wednesday, October 30th.**
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

October 21, 2024, starting at 12:00 p.m.
Barelas Senior Center
714 7th street SW 87102



That Darn Yarn: Crochet Group

Thursdays
10:00 AM-11:30 AM



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-5:00 PM

Friendship Coffee

Come drop in and enjoy some coffee and socialize with one another!



Monday-Friday
8:00 AM-2:00 PM



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

NEW!(Starts October 3rd)

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

Wednesdays
12:00 PM- 1:00 PM

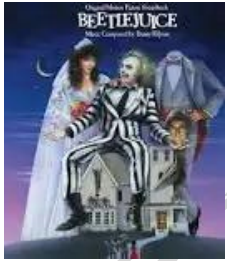
Fridays
9:45 AM - 10:45 AM

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.

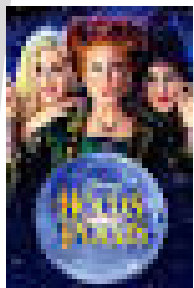
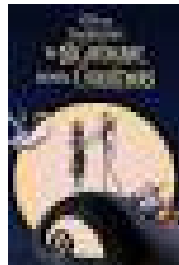
Movie Fiesta Month

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



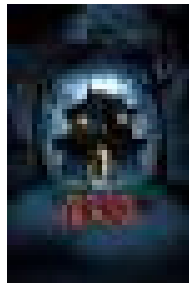
Movie: BEETLEJUICE
Thursday, October 3rd
Rating: PG
9:00 AM. -11:00 AM.

Movie: The Nightmare Before Christmas
Thursday, October 10th
Rating: PG
9:00 AM. -11:00 AM.



Movie: Hocus Pocus
Thursday, October 17
Rating: PG
9:00 AM. -11:00 AM.

Movie: Monster House
Thursday, October 24th
Rating: PG
9:00 AM. -11:00 AM.



Movie: Hotel Transylvania
Thursday, October 31st
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
10:00 AM-11:00 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

OCTOBER 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.



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**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
30 ♦ Chicken Fajitas w/ Salsa ♦ Flour Tortilla ♦ Ranch Beans ♦ Hot Sliced Apples ♦ 1% milk	1 ♦ Beef Stroganoff & Elbow Pasta ♦ Cauliflower w/ Red Peppers ♦ Bread Stick ♦ Chocolate Pudding ♦ 1% milk	2 ♦ Ham Omelet w/ Fajita Blend ♦ Stewed Tomatoes ♦ Tater Tots ♦ Orange ♦ 1% milk	3 ♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ♦ Corn ♦ Malibu Blend ♦ Mixed Fruit Cup ♦ 1% milk	4 ♦ Lemon Pepper Tilapia ♦ Rice Pilaf ♦ Calabacitas ♦ Chocolate Chip Cookie ♦ 1% milk
7 ♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ♦ Corn Bread ♦ Blueberry Crisp ♦ 1% milk	8 ♦ Teriyaki Pork w/ Brown Rice ♦ Stir Fry Blend Vegetables ♦ Pineapple Upside Down Cake ♦ 1% milk	9 ♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and Onions ♦ Fritos ♦ Normandy Blend ♦ Peaches ♦ 1% milk	10 ♦ Linguini w/ Diced Tomato Sauce ♦ Diced Potatoes ♦ Steamed Broccoli ♦ Vanilla Pudding ♦ 1% milk	11 ♦ Chicken & Rice Soup ♦ Spinach ♦ Crackers ♦ Cherry Cobbler ♦ 1% milk
14 INDIGENOUS PEOPLES' DAY	15 ♦ Open Faced Turkey Sandwich w/ Gravy ♦ Yams ♦ Green Beans ♦ Wheat Bread ♦ Orange ♦ 1% milk	16 ♦ Salisbury Steak w/ Gravy ♦ Brown Rice ♦ Peas ♦ Jell-O ♦ Diner Roll w/ Margarine ♦ 1% milk	17 National Pasta Day ♦ Spaghetti Marinara w/ Squash ♦ Breadstick ♦ Malibu Blend ♦ Peaches ♦ 1% milk	18 ♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans) ♦ Flour Tortilla ♦ Pinto Beans ♦ Sliced Cinnamon Apples ♦ 1% milk
21 ♦ Beef Tips over Pasta w/ Gravy Rotini Noodles ♦ Brussel Sprouts ♦ Peach Cobbler ♦ 1% milk	22 ♦ Chicken Pot Pie ♦ 5 Way Pie w/ Biscuit ♦ Diced Beets ♦ Ancient Grain ♦ Yogurt ♦ 1% milk	23 ♦ Salmon w/ Garlic Butter ♦ Rice Pilaf ♦ Cauliflower ♦ Orange ♦ 1% milk	24 ♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon ♦ Corn ♦ Baked Beans ♦ Apple Slices ♦ 1% milk	25 ♦ Green Chile Ham Mac & Cheese ♦ Cornbread ♦ Normandy Blend ♦ Pineapple ♦ 1% milk
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

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.