

September 2024

**Santa Barbara Martineztown
Multigenerational Center**



**(505) 767-5671
1825 Edith Blvd 87102
cabq.gov/seniors**

Welcome to Santa Barbara Martineztown

Dear Community Members,

We're excited to share some updates and opportunities with you!

First, we're on the lookout for enthusiastic volunteers and talented instructors. If you have a special skill or simply want to give back, we'd love to hear from you. Join us in making a difference—call us at (505) 767-5671!

We're thrilled to announce that we've acquired the first electric van with the Department of Senior Affairs, So keep an eye out for some electrifying upcoming trips!

Our pickleball session on Thursdays have started, and our after-school program is in full swing, running Monday to Friday from 3 pm to 6 pm. Please note that the center closes at 5 pm, but we remain open for students from Longfellow Elementary and Jefferson Middle School.

We will be closed for Labor Day on Monday, September 2nd, and will reopen on Tuesday, September 3rd.

We've also launched a new crochet group called "That Darn Yarn," meeting every Thursday. If you're into crafts, this is the place to be!

Don't miss our weekly flea markets every Wednesday from 8 am to 12 pm—there's always something new to discover.

We're starting an inclusive dance event every 4th Monday of the month, and this month's theme is "Beauty and the Beat: 2000s Dance." on September 23rd so come Jam out to the Y2k

Save the date for the RSVP Breakfast on September 27th, and don't forget the Barelmas Senior Center Fiestas happening on September 6th!

**Warm regards,
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**

**Division Manager
Angel Montoya**

Center Staff

**Matthew Montoya
Program Coordinator**

**Elijah Sims
General Service Worker**

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

**ONE
ALBUQUE
RQUE**

Save the Date



Sorry We're
CLOSED
Monday, September
2nd and will reopen on
Tuesday, September
3rd.

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas
Senior Center
Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC, DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER 2024 | 9 am - 3 pm

714 Seventh St. SW 87102



SAVE THE DATE
RETIRED & SENIOR VOLUNTEER PROGRAMS
Appreciation Breakfast
SEPTEMBER 27, 2024
9:00am - 11:00am Embassy Suites 1000 Woodward Pl NE
FORMAL INVITATION TO FOLLOW



senior affairs



V.F.W. Post 10763 in partnership with the Department of Senior Affairs is hosting a food drive to collect and donate food to Roadrunner Food Bank.

Bring your non-perishable food items (items that do not require refrigeration) to one of the following centers:

- Bear Canyon Senior Center
- Barelas Senior Center
- Highland Senior Center
- Los Volcanes Senior Center
- Manzano Mesa Multigenerational Center
- North Valley Senior Center
- Palo Duro Senior Center
- Santa Barbara - Martinez Town Multigenerational Center

September 1st through September 30



Monthly Screening
Senior Citizens Law Office

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.

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



*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.

Wednesday, September 18th
9:00 AM-11:00 AM



*Sign up at front desk

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, September 11th
10:30 AM-11:30 AM
*Sign up at front desk

Coriander
Wednesday, October 9th
10:30 AM-11:30 AM
*Sign up at the Front Desk



Fall Prevention Clinic
Albuquerque Fire Department

The Albuquerque Fire Department offers a Fall Prevention Clinic to help reduce the risk of falls and promote safety in the community.



Thursday, September 12th
9:00 AM-10:30 AM
*Sign up at front desk

Movie Fiesta Month

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

Movie: Avatar
Thursday, September 5th
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.



Movie: Avatar The way of water
Thursday, September 12th
Rating: PG-13
Parent Required
9:00 AM. -12:00 PM.

NOW SHOWING

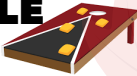


Movie: The Meg
Thursday, September 19th
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.

Movie: Meg 2: The Trench
Thursday, September 26th
Rating: PG-13
Parent Required
9:00 AM. -11:00 AM.



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!

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.

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.

Multigenerational Flea Markets

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

Wednesday September 25th.
10:15 AM. Lottery Drawing

Line Dancing (Beginning)



Tuesdays from 1:00 PM - 2:30 PM

DSA Advisory Council



September 16, 2024, starting at 12:00 p.m.
 Manzano Mesa Multigenerational Center
 501 Elizabeth SE, 87123

Cost: \$5 per class Tai Chi Chuan



Tuesdays and Thursdays
10:30 AM - 11:30 AM

Yoga (Beginning)



Mondays
8:30 AM - 9:30 AM

Fridays
9:45 AM - 10:45 AM

Game Time



Fridays
1:30 PM-3:00 PM

Pickleball



Thursdays
1:30 PM-3:00 PM

That Darn Yarn: Crochet Group

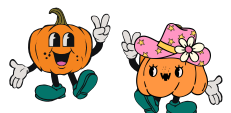


Thursdays
10:00 AM-11:30 AM

Inclusive Beats: Dance, Smile, Belong-

September 23rd, 2024
1:30 PM-3:00 PM
Beauty and the Beat
-2000's Dance

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



The Youth Zone!

After School Fees

- \$20.00 Annual Membership Fee and
- \$15.00 Per Month

Pick up and drop off to and from the center with the center van for Longfellow Elementary. Middle school will have to be picked up by the bus off of Edith and Hannet and walk to the center.

Program Operation Hours

**Monday-Friday
3:00 PM-6:00 PM**

**Supper meals
to start in
October**

Program Schedule

- **3:00 PM: Program Starts**
- **3:09 PM: Middle School Arrives**
- **3:00 PM-3:15 PM: Arrival & Sign In**
- **3:15 PM-3:30 PM: Homework/Reading**
- **3:30 PM-4:15 PM: Rotation 1**
- **4:10 PM: Pick Up Elementary**
- **4:20 PM - 4:25 PM: Wash Hands/Bathroom**
- **4:30 PM - 5:00 PM: Supper Meal**
- **5:00 PM - 5:45 PM: Rotation 2**
- **5:45 PM - 6:00 PM: Board Games**



**JEFFERSON
MIDDLE SCHOOL**
HOME OF THE JETS

**Jefferson
Middle
School**

**Afterschool
Bus Stop
Drops off-
3:09 PM**



**Longfellow
Elementary
School**

**After School
starts at 3:35 PM
Provide pick up
from school at
4:10 PM**



**ALBUQUERQUE
PUBLIC SCHOOLS**

After School Daily Activities

SEPTEMBER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2) CLOSED LABOR DAY!	3) ART-Ghost in the Graveyard GYM-Zombie Tag (Teens)	4) ART-Finger Painting GYM-500 (Teens)	5) ART-Board Games GYM-Corn Hole (Teens)	6) ART-Heads Up Seven Up GYM-Humans vs Zombies (Teens)
9) ART-Jenga GYM-Ships and sailors (Teens)	10) ART-Pom Pom Buddies GYM-Stuck in the mud tag (Teens)	11) ART-Bowling GYM-Dodgeball (Teens)	12) ART-Giant Jenga (Teens) GYM-Keep The Balloon Up	13) ART-Checkers GYM-Obstacle course (Teens)
16) ART-Clothes Hanger Buddies GYM-Kickball (Teens)	17) ART-Hand Print Animals GYM-One Fish Two Fish (Teens)	18) ART-Doodle Art GYM-Sharks and Lifeguards (Teens)	19) ART-craft stick puzzles GYM-Catch and Step (Teens)	20) ART-Braclet Making GYM-Duck Hunt (Teens)
2) ART-Name Art GYM-4 Corners (Teens)	3) ART-Stick Puzzel GYM-Badminton (Teens)	4) ART-String Art GYM-Corn Hole (Teens)	5) ART-Leaf Art GYM-Pickle Ball (Teens)	6) ART-Giant Games GYM-Around the World (Teens)

**ONE
ALBUQUE
RQUE**

September 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
2 	3 ♦ Cod Fish over Brown Rice w/ Tarter Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Chocolate Pudding ♦ 1% milk	4 ♦ Beef Tips in Brown Gravy over Bowtie Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% milk	5 ♦ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ♦ Cauliflower ♦ Cornbread ♦ Grapes ♦ 1% milk	6 ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll w/ Margarine ♦ Peach Cups ♦ 1% milk
9 ♦ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Oranges ♦ Fortune Cookie ♦ 1% milk	10 ♦ Lemon Pepper Salmon ♦ Parsley Potatoes ♦ Green Peas ♦ Banana ♦ Cornbread ♦ 1% milk	11 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Grapes ♦ 1% milk	12 ♦ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ♦ Spinach ♦ Garlic Breadstick ♦ Blueberries ♦ Greek Yogurt ♦ 1% milk	13 ♦ Roast Beef w/ Brown Gravy ♦ Sliced Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll w/ Margarine ♦ Applesauce ♦ 1% milk
16 ♦ Meatloaf w/ Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll w/ Margarine ♦ Mandarin Oranges ♦ 1% milk	17 ♦ Rotisserie Chicken over Brown Rice ♦ Sliced Beets ♦ Green Beans w/ Mushrooms ♦ Banana ♦ 1% milk	18 ♦ Chili Bowl: Beef, Beans & Red Chile ♦ Succotash ♦ Cornbread ♦ Fresh Grapes ♦ 1% milk	19 ♦ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ♦ Stewed tomatoes ♦ Hash Browns ♦ Flower Tortilla ♦ Peaches ♦ 1% milk	20 ♦ Herb Pork Loin w/Gravy over Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% milk
23 ♦ Baked Chicken & Rice Pilaf ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk	24 ♦ Salmon w/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Italian Vegetable Blend ♦ Whole Grain Dinner Roll w/ Margarine ♦ Pear Cups ♦ 1% milk	25 ♦ Sweet & Sour Pork w/ Stir Fry Vegetables ♦ Steamed Cabbage ♦ Warm Sliced Apples ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% milk	26 ♦ Enchiladas: Cheese, Green Chile, & Corn Tortillas ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookie ♦ 1% milk	27 ♦ Turkey Tetrazzini: Turkey, Spaghetti, & Green Peas ♦ Italian Vegetable Blend ♦ Breadstick ♦ Cherry Cobbler ♦ 1% milk

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 12:00 P.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

\$7.67

55-59

5.55

60 AND UP

\$2 (DONATION)

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.