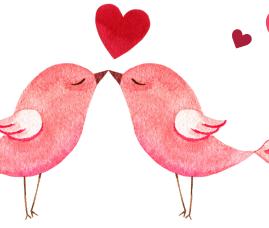




# February



714 Seventh St. SW  
Albuquerque, NM 87102  
505-764-6436  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## CENTER STAFF

**America Bencomo**  
Center Manager

**Janelle Apodaca**  
Program Coordinator

**Catherine Romero**  
Office Assistant

**Vacant**  
Program Assistant

**Laura Baca**  
General Service Worker

**Jose Olivas**  
Cook

**Cynthia Garcia**  
Kitchen Aide



## Heartbeat Ball



Let your heart dance and  
beat to the music.

Come join us!

**Music by Rock N Ramon**

**Friday, February 13th**

**1:30 - 4:00 pm**

**\$3**



Join us at the Roundhouse on February 13th for Senior Day at the Legislature — a special opportunity to connect, learn, and be heard. Enjoy a free resource fair, learn more about New Mexico Aging Services' initiatives and budget priorities, and help advocate for funding that creates positive impacts in the lives of New Mexicans every day.

The day will include a resource fair, legislative tours, speakers, and opportunities to connect with legislators, community leaders, and organizations serving older adults.

FREE AND OPEN TO OLDER ADULTS, CAREGIVERS, AND COMMUNITY  
MEMBERS ACROSS NEW MEXICO.

**ONE  
ALBUQUE  
RQUE** senior affairs

**NEW  
MEXICO  
AGING  
SERVICES**  
NEW MEXICO DEPARTMENT OF LONG-TERM SERVICES

## It's Heart Health Month

February is American Heart Month!

A healthy diet and movement are so important to a strong heart! Come join us all month at our Senior Cardio and Curls class. For each class you attend you will receive a raffle ticket for a chance to win a prize. If you wear red to class in honor of Heart Health, you will receive an extra ticket. Prizes will be given out on the last class of the month by Carrie Ann.



**Tuesdays**

**9:30 am - 10:30 am**

**Special Class and prizes on  
February 24<sup>th</sup>**

The Department of  
Senior Affairs seeks your

*Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of **250 words** detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.

Alongside your **written story**, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email).

Anonymous submissions will be accepted; however, there is **no guarantee they will be featured**.

Drop entries off at any Senior or Multigenerational Center. Stories will be collected until February 14, 2026.

# Activities

## Arts and Crafts



- Art Meditation - Monday 10:30 - 11:30 am
- Coloring Group - Thursday 12:30 pm **NO Class this Month**
- Colcha Embroidery -Fourth Friday of the Month 1:00 - 3:00 pm
- Crochet w/Roland - Tuesday 10:00 - 11:00 am
- Crochet w/Rafaelita - Thursday 10:30- 1:00 pm
- Ceramics - Mondays & Wednesday 9:00 am - 12:00 pm
- Retablos - Tuesday 9:00 - 11:30 am
- Tin - Tuesday 1:00 - 4:00 pm
- Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm
- Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 pm

## Dance/Exercise

- Line Dance- Beginner - Wednesday 9:00 - 10:00 am
- Line Dance - Improver- Wednesday 10:15 - 11:15 am

## Exercise



- Pilates- Monday 9:30 - 10:30 am
- Pickleball - Monday 1:30 - 3:30 pm
- Senior Cardio & Curls - Tuesday 9:30 - 10:30 am
- Chair Yoga - Monday & Thursday 10:30 - 11:30 am
- Yoga - Thursday 9:00 - 10:00 am
- Tai Chi: Holistic - Friday 9:00 - 10:00 am

## Garden

- Main Garden open daily.
- Greenhouse Garden hours will vary by volunteers.

## Learning

- Bible Study - Wednesday 9:30 - 10:30 am

## Cards & Games

- Billiards - 8:00 am - 5:00 pm
- Cards - 2:00 pm - 5:00 pm
- Chess - Tuesday 2:00 - 3:00 pm
- Games -Tuesdays & Thursdays 1:00- 3:00 pm
- Puzzles - Monday-Friday 8:00 am - 5:00 pm
- Bingo - Tuesday 2:00 - 4:15 pm

## Language

- ESL - Tuesday 2:00 - 3:00 pm Starts 1/13
- Italian - Thursday 1:30 - 2:30 pm
- Spanish: Beginner 1 - Thursday 2:00 - 3:00 pm
- Spanish: Beginner 2 - Tuesday 1:00 - 2:00 pm
- Spanish Beginner 3 -Thursday 1:00 - 2:00 pm
- Spanish: Intermediate - Wednesday 12:30 - 1:30 pm
- Spanish: Intermediate II- Wednesday 1:30 - 2:30 pm
- Advanced Spanish Conversation - Wednesday 2:30 pm - 3:30 pm

## Music



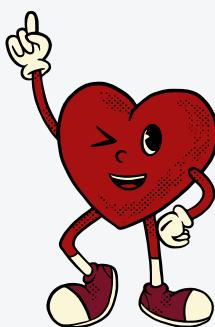
- Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm

## Dance to Live Music

**\$3/person      Fridays      1:30 pm - 4:00 pm**

- February 6th**
- February 13th**
- February 20th**
- February 27th**

- La Raza**
- Rock N Ramon**
- Chili Beans Express**
- Antonio Y Los Unicos**



# Trips

A minimum of three people must sign up for weekly trips in order for the van to depart.

## Lunch out on the Town: Tomasitas

Tuesday, February 10th

Check In: 10:45 am Return 1:30 pm

Lunch at your own expense



## Zoo Walk

Tuesday, February 10th

Check In: 8:40 am Return 11:00 am

## Senior Day at the Roundhouse

Friday February 13th

Check In: 8:00 am Return 3:30 pm

Lunch at your own expense



## Super Bowl Prep!

Let's get ready for the Superbowl!

Come wear your jerseys or hats and enjoy a snack! Come make a prediction on the game for a chance to win a prize and play some cornhole.



**Friday, February 6th**

**10:00 am**

## Adopt a Garden Bed



Would you like to garden, but don't have the space? You could adopt a garden bed from our community garden! This is a great opportunity to grow your own food and make connections with other seniors.

Sign up at the front desk or call 505-764-6436.

## ESL

¿Te gustaría mejorar tu inglés o aprender frases básicas del inglés? ¡Únete a nuestra clase de ESL (Inglés como Segundo Idioma) y abre las puertas a nuevas oportunidades!

Visite la recepción para obtener más

información o llámenos al

505-764-6436



For all our holiday and seasonal events, please visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors) and click on the 'Senior Affairs Events' tab on the left side of the page.

## Lunar New Year Celebration at the Chinese Cultural Center & Lunch

Saturday, February 21st

Check In: 12:15 pm Return 5:00 pm

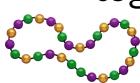
Lunch at your own expense



## It's the Year of the Horse & Mardi Gras!



It's the Lunar New Year and Fat Tuesday all on the same day! Seems like a day to celebrate. Let's enjoy some sweets together to kick off this fun time of year!



**Tuesday, February 17th**

**10:30 am**



We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



## Power of Attorney

Please join the Senior Citizens' Law Office for a Power of Attorney Presentation & Workshop.

Both health care and financial powers of attorneys and cremation authorizations will be discussed and attorneys will assist seniors in completing the forms. Please bring the names, phone numbers, and addresses of the people you would like to appoint as your agents for the powers of attorney. Please bring a photo ID with you to the workshop.



**Wednesday, February 18th**

**10:00 am - 12:00 pm**

## Flea Market

Come shop our wonderful Flea Market!

We have 16 vendors that have great treasures just waiting for you!



**Every Thursday**

**8:00 am - 11:00 am**

We will be  
**CLOSED**  
Monday,  
February 16th  
in honor of  
Presidents' Day.



### **Sweeten Your Look**

It's a great time to try a sweet new look!

Aveda Institute students are offering new stylish haircuts for only \$5.

Sign up at the front desk.

**Monday, February 9th**

**10:00 am**



AVEDA INSTITUTE

### **Do you have legal questions?**

Senior Citizens Law Office, offers one-on-one legal consultations. Divorces, wills and criminal issues are not included. Schedule an appointment at the front desk or call 505-764-6436.



**Thursday, February 12th**

**10:30 am - 12:30 pm**

### **Voter Registration**

Do you need to register to vote or update any of your voter information? Would you like to information on becoming a Poll Official? Come get all the information you need here!



**Monday, February 23rd**

**9:30 am - 12:30 pm**



### **Ford v Ferrari**

Wednesday, February 11th

**1:15 pm**

Rated PG-13

Action/Drama

### **Movie Days**



### **A Big Bold Beautiful Journey**

Wednesday, February 25th

**1:15 pm**

Rated R

Drama/Fantasy/Romance

### **GEHM Clinic**

**Wednesday, February 18th**

**8:30 am - 12:00 pm**



Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.

### **Advisory Council Meeting**

Monday, February 23rd at noon

Santa Barbara Martineztown Multigenerational Center - 4645 Pitt NE, 87111



### **February is Black History Month**



The theme for Black History Month 2026 is "A Century of Black History Commemorations." This theme reflects on the historical significance of Black history and the contributions of individuals and communities of African descent over the past century.

### **February Birthday Celebration**

Come enjoy a sweet treat and celebrate our February birthdays!

**Tuesday, February 17th**  
 **Oak St. Health** **1:00 pm**



### **AARP Smart Driver**

This four-hour class provides techniques for coping with change in vision, hearing, & reaction time, along with the rules of the road. Anyone 50+ may take this class & may receive a discount on insurance premiums. Cost: \$20 for AARP Members \$25 for non-AARP Members ( Checks or Money Orders ONLY Accepted ).

Sign up at the front desk or call  
**505-764-6436**

**Wednesday, February 18th**  
**12:30 pm - 4:30 pm**



### **A Big Bold Beautiful Journey**

Wednesday, February 25th

**1:15 pm**

Rated R

Drama/Fantasy/Romance

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
<b>2</b> Beef Tips over Bowtie Pasta Gravy Zucchini & Squash Dinner Roll Margarine Pears 1% Milk	<b>3</b> Green Chile Chicken Enchiladas Spanish Rice Pinto Beans Yogurt 1% Milk	<b>4</b> Sliced Ham Pineapple Sauce Cauliflower Spinach Cornbread Banana 1% Milk	<b>5</b> Pasta Primavera Steamed Broccoli Dinner Roll Margarine Mandarin Oranges 1% Milk	<b>6</b> Pork Chop Mashed Potatoes Brussel Sprouts Jell-O 1% Milk
<b>9</b> Chicken Tamales Green Chile Black Beans Normandy Blend Dinner Roll Margarine Applesauce 1% Milk	<b>10</b> Mac & Cheese w/ Ham Steamed Broccoli Spinach Yogurt 1% Milk	<b>11</b> Lemon Baked Cod Tartar Sauce Brown Rice Brussel Sprouts Jell-O 1% Milk	<b>12</b> Red Chile Cheese Enchilada Spanish Rice Calabacitas Pears 1% Milk	<b>13</b> BBQ Baked Chicken Thigh Stewed Tomatoes Ranch Beans Normandy Blend Dinner Roll Valentine Cookie 1% Milk
<b>CLOSED</b> <b>16</b> 	<b>17</b> Carne Adovada Calabacitas Pinto Beans Flour Tortilla Apple slices 1% Milk	<b>18</b> Baked Cod Salsa Brown Rice Spinach & Onions Jell-O 1% Milk	<b>19</b> Baked Ziti Brussel Sprouts Breadstick Banana 1% Milk	<b>20</b> Breaded Pollock Tartar Sauce Carrots Green Beans w/ Mushrooms Mandarin Oranges 1% Milk
<b>23</b> Salisbury Steak Mushrooms & Gravy Mashed Potatoes Carrots Brownie 1% Milk	<b>24</b> Green Chile Chicken Posole Steamed Cauliflower Red Peppers Applesauce Saltine Crackers 1% Milk	<b>25</b> Meatloaf w/ Tomato Sauce Garlic Potatoes Succotash Dinner Roll Margarine Banana 1% Milk	<b>26</b> Veggie Green Chile Cheeseburger Sweet Potato Mash Baked Beans Yogurt 1% Milk	<b>27</b> Black Bean Chile Green Beans Brussel Sprouts Jell-O 1% Milk



Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever "Love Stories Contest" highlighting relationships of 50+ years (details are available at each center).

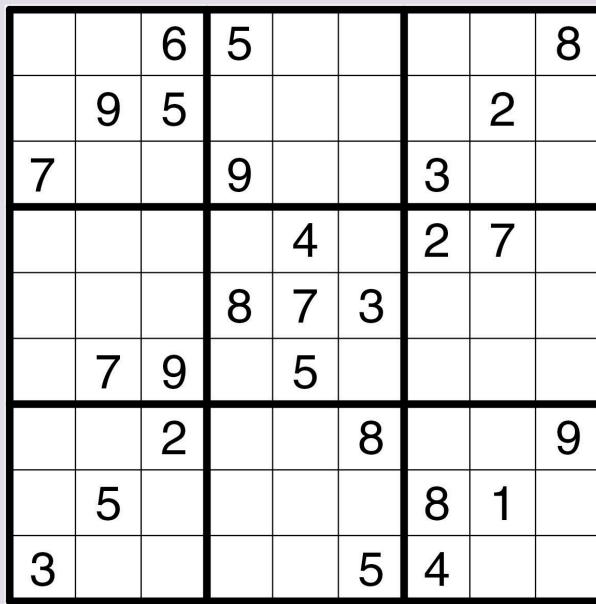
We're grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month's Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also every month, I'll host a "Coffee with Constituents" session at every location to discuss and address matters with the public. I'd love for you to join me! This month's "Coffee with Constituents" will be held at Highland Senior Center on **Thursday, February 26th from 8:30-9:30am**. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs



## Great Presidential Quotes

**"It is amazing what you can accomplish if you do not care who gets the credit."**

~ Harry S. Truman

**"Every accomplishment starts with the decision to try."**

~ John F. Kennedy

**"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."**

~ John Quincy Adams

## February

C P G I J O I Z X M O T H P M C L N J N  
G I G D W C O Y L T S Y H T E M A P E N  
B H I D V A L E N T I N E D P H A D U B  
S S P G X E P Q S P I S C E S T F E A Z  
A D N N F M D Q T R M H L F Z N E N I X  
B N D I P U C Y R A O Y M U I O B T M T  
P E Y D E K B R O P W S R C S M R A N R  
R I N E S G Z D P W J Q E T D Y U L L A  
E R H E I Q J T S C T B T S Y R A H Y E  
S F C F N P A M R G I E N V P R R E E H  
I I H D T U M W E R C B I V A E Y A W W  
D A O R F K K W T G G R W H T H V L L O  
E C C I H C W H N K T O X X U C A T K N  
N F O B D J S C I X Z X H T E M C H X S  
T H L H L T E P W V K Q P D C Z A R J G  
S D A E O F C A R N A T I O N S T D L X  
D P T N C J R E Q F K M V V A U I P X Y  
A E E A Q U A R I U S U S Q M E O F A N  
Y P S J I H K Q E V O L M S O J N R R C  
Y R O T S I H K C A L B A L R A E M G G

Pisces	Chocolates	Presidents Day
Birthstone	February vacation	Groundhog
Dental Health	Valentine	Carnations
Winter sports	Cold	Aquarius
Black History	Amethyst	Heart
Snow	Bird Feeding	Cherry Month
Romance	Cupid	Winter
Friendship	Love	Roses