

August 2025

**Santa Barbara Martineztown
Multigenerational Center**



505.767.5671

1825 Edith Blvd NE 87102

cabq.gov/seniors

Welcome to Santa Barbara Martineztown!

We're excited to welcome everyone back as we head into a new season of learning, community, and connection.

Afterschool Program Starts August 11

Registration is now open. We offer afterschool pickup from Lew Wallace Elementary, and students from Jefferson Middle School can walk over from the bus stop to participate in the program. Our afterschool activities are safe, structured, and engaging for all students.

Barelas Fiestas – September 5

Prepare for food, music, and community celebration at the upcoming Barelas Fiestas. Save the date and stay tuned for more details.

New Meditation Class – Starting Soon

We're happy to announce that a new meditation class is launching soon. This class is designed to help participants unwind, refocus, and improve their well-being.

Virtual Class: Aging Alone, Together – August 14 to 18

This online class offers helpful support and tools for individuals navigating aging on their own. To register, call 505-768-3630.

Thank You for a Great Summer

We enjoyed a fantastic summer with participants of all ages and abilities, including those in the Summer Youth Program, HeartWell, and our Older Adults programs. Thank you for making it such a memorable season.

Stop by for a Tour!

We invite you to visit the center, meet our staff, and learn about the wide variety of programs and services available to the community.

Lunch Meal Program for Adults 50 and Over

We offer a nutritious daily lunch program for active adults aged 50 and older. Please contact the center for details and eligibility information.

Let's make August a meaningful and active month together.



**Santa Barbara
Martineztown
Multigenerational
Center Presents:**

**They Had No
Time To Say
Goodbye**

**Wednesday,
August 27th
1:00 PM-3:00 PM**



Aging Alone Together

Join CBOAT's online support program designed for individuals who, by choice or circumstance, expect to age independently. CBOAT members provide practical skills and resources to help navigate the challenges of aging. Topics include planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and their Hispanic Community Advocates

Space is limited. Please contact us to participate in one of these sessions.

When: Thursdays, August 14th – September 18th

Time: 10:00AM-11:30 AM / 12:00-1:30PM ET

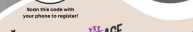
Where: Online via Zoom

Join via link

cabq.gov/seniors/events



Scan this code with your phone to register



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**

**Isaiah Poole,
Carl Sleeper**

General Service Worker

Part-Time Staff

**Aaliyah, Albert, Amiah,
Brandon, Sebastian,
Lucero, Ronan and
Iveanna**

Important Information

**"BACK
TO
SCHOOL!"**



Accredited by
National Institute of
Senior Centers



Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

**ONE
ALBUQUERQUE**

Monday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-Gentle
Movie

8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-4:45 PM
9:00 AM-10:00 AM
1:30 PM-3:30 PM



Tuesday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Tech Help Tuesday
Yoga-All Level
Line Dancing
Zumba-Low Impact

8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-4:45 PM
8:00 AM-4:45 PM
8:30 AM-9:30 AM
1:00 PM-2:00 PM
3:45 PM-4:45 PM



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FITNESS

Wednesday

TV Viewing
Friendship Coffee
Computer Lab
Flea Market (1st Wednesday)
Paint and Sip
Puzzle Table
Walk in the Park
YouTube Foodies
Birthday Celebration!
(3rd Wednesday)
Corn Hole
Inclusive Bingo

8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-12:00 PM
10:00 AM-12:00 PM
8:00 AM-4:45 PM
8:30 AM-9:00 AM
9:00 AM-10:00 AM
1:00 PM-1:30 PM
1:30 PM-2:30 PM
2:00 PM-3:00 PM



Weekly Activity

Thursday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-All Level
Movie
Crochet Group
Pickleball

8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-4:45 PM
8:30 AM-9:30 AM
9:00 AM-11:00 AM
10:00 AM-11:30 AM
1:30 PM-3:00 PM



Friday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga
Karaoke
Card Game Time
Meditation
Zumba-Low Impact

8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-4:45 PM
9:45 AM-10:45 AM
11:00 AM-12:30 PM
1:30 PM-3:00 PM
3:45 PM-4:45 PM

Starting October-Time TBD



BOARDS & COMMISSIONS NEEDS YOU

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

CABQ.GOV/BOARDS

APPLY TODAY

ONE
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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.

They Had No Chance To Say Goodbye.

Workshop about the crisis of MMIWG with Rosie Prins, PHD

RSVP with the fromnt

Wednesday, August 27th
1:00 PM-3:00 PM



Santa Barbara Martineztown Multigenerational Flea Markets

Come join us for flea markets every 1st 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

First come, First served

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

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



ZUMBA
FITNESS

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!

GEHM Clinic

Thursday, August 21st
8:30 AM - 12:00 PM

Come participate in this clinic that helps to identify how your body is doing!



Birthday Cake Celebration

Join us to celebrate birthdays of the month for our Birthday Cake Celebration, Sponsored by Oak Street Health.



Birthday Celebration
Wednesday, August 20th
1:30 PM

Corn Hole

Join us for some exciting games of Corn Hole indoors!



Wednesdays
1:30 PM-2:30 PM

Gentle Yoga

Instructor: Toby

Mondays

9:00 AM - 10:00 AM

Fridays

9:45 AM - 10:45 AM

Yoga (Beginning)

All Level Yoga

Instructor: Amy

Tuesdays

8:30 AM-9:30 AM

Thursday

8:30 AM-9:30 AM



8 week Meditation Class

Starting October 10th
2:00 PM-3:30 PM



Karaoke

Fridays

12:00 AM-2:00 PM

Join us for a fun-filled karaoke session where you can sing your heart out and shine like a star!



Pickleball

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



Thursdays
1:30 PM-3:00 PM

*Attention- Movies
subject to change*


Movies

Mondays Thursdays

Action
Monday, August 4th
1:30 PM -3:30 PM

ACTION!

Drama
Thursday, August 7th
9:00 AM -11:00 AM




Comedy
Monday, August 11th
1:30 PM -3:30 PM

HA HA

Action
Thursday, August 14th
9:00 AM -11:00 AM

ACTION!

Drama
Monday, August 18th
1:30 PM -3:30 PM



Romance
Thursday, August 21th
9:00 AM -11:00 AM



Romance
Monday, August 25th
1:30 PM -3:30 PM



Comedy
Thursday, August 28th
1:30 PM -3:30 PM

HA HA

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

Puzzle Table

Monday-Friday
8:00 AM-4:45 PM



That Darn Yarn: Crochet Group



Thursdays
10:00 AM-11:30 AM

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!

Join us for skill building on all your technology from laptop to cell phones!



Please call to book an appointment!
505-600-1297

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

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

DSA Advisory Council

JULY 21, 2025



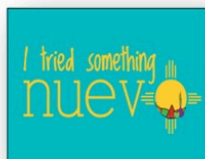
North Valley Senior Center
3825 4th St NW, 87107

Friendship Coffee

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



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



AUGUST 2025

ONE
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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 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
cancellation meals
at 12:30 p.m.

Thanks in advance!

COST BY AGE-

50-55
\$7.67
55-59
\$3.25
60 AND UP
\$2
(DONATION)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	29 Green Chile Chicken 4oz Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	30 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	31 Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	1 Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4 Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	5 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	6 Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	7 Veggie Green Chile 4oz Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	8 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	12 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	13 Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	14 Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	15 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18 Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	19 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	20 Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	21 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	22 Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25 Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	26 Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	27 Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	28 Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	29 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 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 After School Program 1825 Edith Blvd Ne 87105



After School Program

Ages 5 Years old to 13 Years old.

Schools Providing for

**Jefferson Middle School and
Lew Wallace Elementary School.**

Fees

**\$20.00 Active Membership Fee
Plus a \$15.00 Monthly Fee Per Child**

Hours of After School Program

3:00pm-6:00pm



SCAN HERE