

August 2026



**Santa Barbara Martineztown
Multigenerational Center**

505.767.5671

1825 Edith Blvd NE 87102

cabq.gov/seniors

Welcome to Santa Barbara Martineztown!

IMPORTANT NOTICE

**SOME SENIOR CENTERS AND FITNESS
FACILITIES WILL BE TEMPORARILY CLOSED FOR
EMPLOYEE TRAINING**

**These facilities will be closed for Employee
Training August 3 to August 7, 2026:**

Barelas Senior Center
North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center

Normal business hours will resume on **August 10, 2026** for
Barelas and Highland facilities.

Normal business hours will resume on **August 9, 2026** for North
Valley.

Normal business hours will resume on **August 8, 2026** for Bear
Canyon.

**During this time, meal services will be available at our other
locations:**

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational
Center Los Volcanes Senior Center & Fitness
Facilities

Palo Duro Senior Center & Fitness Facilities

Thank you for your cooperation!

**ATTENTION
PLEASE**

OUT-OF-AREA / MEMBERSHIP CHANGES

Out-of-City Resident Surcharge

**Non-City of Albuquerque residents will pay an additional
\$30 annual surcharge**

**Applies in addition to the \$20 annual membership fee
(\$50 total annually)**

Takes effect at the next membership renewal anniversary

Out-of-State Daily/Monthly Use Fee

**\$15 daily use fee OR \$50 monthly use fee for out-of-state
individuals**

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

**ONE
ALBUQUE
RQUE** senior affairs

Center Hours

Monday-Friday:

Open to all.

8:00 AM-5:00 PM

Youth only.

5:00 PM-6:00 PM

Saturday and Sunday:

Closed.

Mayor

Timothy M. Keller



Director

Anna M. Sanchez

Center Staff

**Program Coordinator
Matthew Montoya**

**General Service Worker
Malaysia**

Part-Time Staff

**Albert, Amiah,
Brandon, Sebastian,
Lucero**

**Front Desk
Donald**

**Important
Information
After School
Program
Begins
August 10th**



**ONE
ALBUQUE
RQUE**

A Message From The Director

A Message of Care and Commitment This August



As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

After School Program

- Program Start Date: August 10th
- Hours: Monday – Friday | 2:30 PM – 6:00 PM
- Closures: follow APS Schedule
- Details: Daily activities, Homework & Supper provided.
- Info: 505-767-5671
- Pick up
 - Zia Elementary School
 - Jefferson Middle School

Coffee With Constituents:



Bear Canyon Senior Center,
Thursday, August 27, 8:30–9:30 a.m.

Join us for some coffee with the Director



Advisory Council Meeting

North Domingo Baca Multigenerational
Center – 7521 Carmel Ave Ne. 87113

Monday, September 21, 2026
12:00 PM – 1:30 PM



Monday

TV Viewing	8:00 AM-5:00 PM
Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Puzzle Table	8:00 AM-4:45 PM
Yoga-Gentle	9:00 AM-10:00 AM
Billiards	1:00 PM-3:00 PM
Zumba-Gold	3:45 PM-4:45 PM



ZUMBA
FITNESS



Tuesday

TV Viewing	8:00 AM-5:00 PM
Friendship Coffee	8:00 AM-2:00 PM
Ping Pong	9:00 AM-11:00 AM
Computer Lab	8:00 AM-3:00 PM
Puzzle Table	8:00 AM-4:45 PM
Tech Help Tuesday	8:00 AM-4:45 PM
Yoga-All Level	9:00 AM-10:00 AM
Line Dancing	1:00 PM-2:00 PM
Billiards	1:00 PM-3:00 PM
Zumba-Gold	3:45 PM-4:45 PM

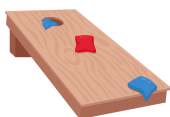


ZUMBA
FITNESS



Wednesday

TV Viewing	8:00 AM-5:00 PM
Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Flea Market (1 st Wednesday)	8:00 AM-12:00 PM
Paint and Sip	10:00 AM-12:00 PM
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
Movie	9:00 AM-11:00 AM
Billiards	1:00 PM-3:00 PM
Corn Hole	1:30 PM-2:30 PM
Friendships/Relationships	2:00 PM-4:00 PM



**ONE
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Weekly Activity

Thursday

TV Viewing	8:00 AM-5:00 PM
Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Puzzle Table	8:00 AM-4:45 PM
Yoga-All Level	9:00 AM-10:00 AM
Crochet Group	10:00 AM-11:30 AM
Art Class	12:00 PM-2:00 PM
Friendships/Relationships (AM)	10:00 AM-12:00 PM
Friendships/Relationships (PM)	12:30 PM-2:30 PM
Billiards	1:00 PM-3:00 PM
Inclusive Bingo	2:00 PM-3:00 PM



Friday

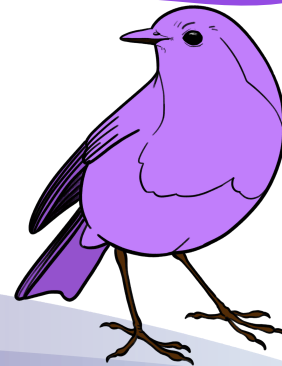
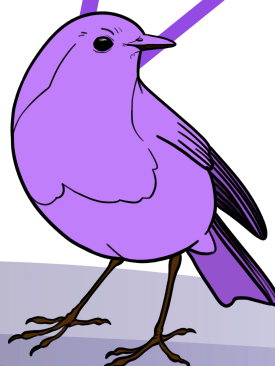
TV Viewing	8:00 AM-5:00 PM
Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Puzzle Table	8:00 AM-4:45 PM
Yoga	9:00 AM-10:00 PM
Karaoke	12:00 PM-3:00 PM
Sweedish Weaving	12:30 PM-3:30 PM
Billiards	1:00 PM-3:00 PM
Card Game Time	1:30 PM-3:00 PM
Zumba-Gold	3:45 PM-4:45 PM



ZUMBA
FITNESS

Memberships!

- \$20.00 Annual Membership Fee (within Bernalillo County)
- \$50.00 (Outside of Bernalillo County)
- 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 Market

Come join us for flea
markets every 1st
Wednesday of the month!

All ages!

Come find some knick
knacks to take home!

Wednesday,
August 5th

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!

Mondays, Tuesdays, and
Fridays
3:45 PM-4:45 PM



Line Dancing (Beginning)

Tuesdays from 1:00 PM - 2:00 PM



Join our great beginning line dancing class
open for all ages for those who loves to
line dance or wants to learn line dancing!

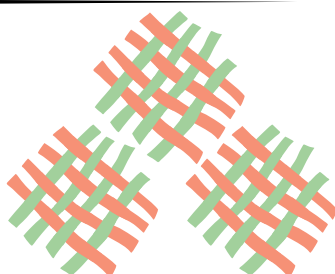
Crochet Group:That Darn Yarn

Thursdays
10:00 AM-11:30 AM



Swedish Weaving

Fridays
12:30 PM-3:30 PM



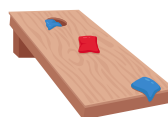
Building Friendships and Relationships: Supporting Individuals with Intellectual Disabilities



Cost: Varies

Wednesdays
2:00 PM - 4:00 PM

Thursdays
10:00 AM-12:00 PM
12:30 PM-2:30 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

All Level Yoga

Instructor: Amy

Tuesdays
9:00 AM-10:00 AM
Friday
9:00 AM-10:00 AM

Yoga (Beginning)

Yoga

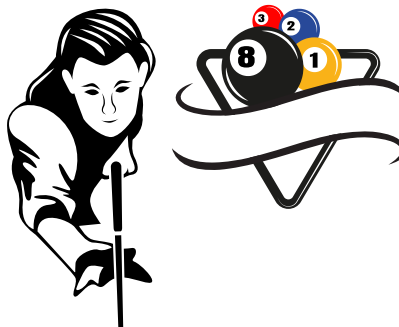
Instructor: Justine
Thursday
9:00 AM-10:00 AM



Karaoke

Fridays
1:00 PM-3:00 PM

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



Billiards

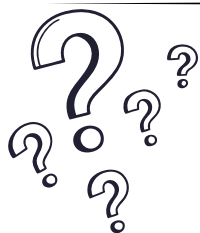
Monday-Friday
1:00 PM-3:00 PM

Join us for some Billiards
with our new pool table!!

Movies

Every Wednesdays

*Attention- Movies
subject to change*



Random Movie
1st Wednesday
9:00 AM -11:00 AM



Action
2nd Wednesday
9:00 AM -11:00 AM



Comedy
3rd Wednesday
9:00 AM -11:00 AM



Adventure
4th Wednesday
9:00 AM -11:00 AM

Walk in the Park

Take a refreshing stroll with us through the park as we embrace the beauty of the summer season every Wednesday!

Note: if inclement weather occurs we can walk inside the building. **Wednesdays**
8:30 AM-9:00 AM



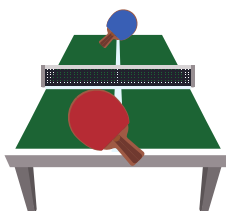
Puzzle Table

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



Ping Pong

Tuesdays
9:00 AM-11:00 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!

Friendship Coffee

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



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



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

Fridays

1:30 PM-3:00 PM

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.



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



Santa Barbara Martineztown Multigenerational Center

505.767.5671
1825 Edith Blvd NE
87102
cabq.gov/seniors

Senior Hot Meals
Monthly Schedule

**IMPORTANT
NOTICE**

**ONE
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AUGUST 2026

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.



Dine in hot lunch is served
11:30 AM - 1:00 PM
Monday - Friday.

Please call
505-767-5671
to make your
reservation by
**1:00 P.M. the day
prior.**

If you have made a
reservation and can
not make it please
call and inform us of
the Cancellation 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
3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	6 Green Chile Veggie 4oz Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	12 Spaghetti w/ Meatballs 4oz Marinera 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	13 Cheese Omelet w/ Red Chile 3oz Stewed Tomato 1oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
17 Teriyaki Beef w/ Brown Rice 3oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
24 Sliced Ham w/ Pineapple Sauce 3oz Ranch Beans 1oz Spinach 4oz Cornbread 4oz Peach 1ea 1% Milk 8oz	25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	27 Anti-Inflammatory Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 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.

Estate Planning for Seniors

Learn about organizing your legal, financial, and healthcare documents to protect your assets and dictate your future wishes.



Attend ONE of these FREE presentations:

Tuesday, August 4, 2026
4-5pm

Manzano Mesa Multigenerational Center
501 Elizabeth St SE, ABQ, NM 87123

Wednesday, August 12, 2026
4-5pm

Barelas Senior Center
714 7th St SW, ABQ, NM 87102

Thursday, August 20, 2026
3:30-4:30pm

North Valley Senior Center
3825 4th St NW, ABQ, NM 87107

Tuesday, August 25, 2026
3:30-4:30pm

Los Volcanes Senior Center
6500 Los Volcanes Rd NW, ABQ, NM 87121

Presented by attorney and judge
Cristy J. Carbón-Gaul



in conjunction with



Please sign up at the front desk
at the Center where you plan to attend.

ARTIFICIAL INTELLIGENCE, REAL CONSEQUENCES

How to Avoid Becoming a
Victim of the Latest Scams



AI IS USED IN SCAMS TO:

- Impersonate celebrities, relatives, and friends
- Impersonate businesses
- Impersonate government officials
- Create fake strangers to con people out of money

Learn about audio and video deepfakes, voice cloning, and caller ID spoofing.

Join us for a presentation!



Presentation on AI technology and how it's used in scams.



Thursday, Sept. 10, 2026
9:30 a.m.



Santa Barbara-Martineztown
Multigenerational Center

New Mexico Securities Division

Assists with the investigation or referral of cases involving investment fraud.

Provides education on financial fraud prevention.



NMRLD
NEW MEXICO
REGULATION &
LICENSING DEPARTMENT

New Mexico Securities Division
1-800-704-5533 | rld.nm.gov/securities-division

Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am - 2:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St. SE

Questions? Call 505-275-8731



Applications Open:
August 3, 2026, 8:00 am
Applications Close:
August 28, 2026, 5:00 pm

Vendor applications will be available
beginning August 3 on the Senior
Affairs Events webpage and at any
Senior or Multigenerational Center.



Free
The Original
Chicano Dog
Food Stand
will serve
Hot Dogs
Chips
Drink

POLICE • COMMUNITY PARTNERSHIPS

Share your ideas to improve the neighborhood with
your Representatives, Police and Fire Fighters

August 4, 2026

Event Location & Time

Santa Barbara-Martineztown Multigenerational Center, 1825
Edith Blvd NE, 5:30 pm to 7:30 p.m.

Food and Drinks will be provided including school bags

Together, we are making communities safer,
more caring places to live and work

Sponsors
Garcia Car Dealership Albuquerque
SBMTNA - sbmtna.com
Santa Barbara-Martineztown Multigenerational Center