

December 2024

Santa Barbara Martineztown Multigenerational Center

505.767.5671

1825 Edith Blvd NE 87102

cabq.gov/seniors



Welcome to Santa Barbara Martineztown!

Message From the Center Manager

Dear Community Members,

We have some exciting updates for you! Here's what's coming up at the Santa Barbara Martineztown Multigenerational Center:

Intercession for Kids

We will be hosting an intercession program for kids from December 23rd to January 3rd, with holidays observed on December 25th and January 1st.

After School Program

Our after school program kicks off on January 6th. We welcome children ages 5 to 13. We'll be providing pick-up from the bus stop for Jefferson Middle School and are awaiting confirmation for Lew Wallace Elementary.

Upcoming Events

- Winter Wonderland Dance
- Date: December 16th
- Time: 1:30 – 3:00 PM
- Entry Fee: \$3 per person
- Get ready to dance and have a great time!
- Winter Bingo Raffle
- Date: December 20th
- We'll have a special raffle with gifts from our sponsors. No entry fee —just come and join the fun!

New Programs Starting in January

- Bingo
- Held on the 1st and 3rd Monday of every month from 1:30 – 3:00 PM.
- Healthy Cooking Classes
- In partnership with New Mexico State, join us for a weekly program featuring cooking demonstrations and tastings. This 4-week series includes food and fun tips for making delicious meals. Sign up at the front desk!
- Spice Rack Remedies Presentation
- Discover the healing benefits of common spices like cinnamon. Don't miss this informative and interactive session!

Volunteers Needed

We're looking for volunteers and instructors to share their talents and help make a positive impact. Interested? Call us at 505-609-7198 to get involved!

Thank you for your ongoing support.

Let's work together to build a thriving community. The Santa Barbara Martineztown Multigenerational Center is here to welcome you home!

Thank you for your support,
Matthew Montoya, Center Manager

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
Center Manager

Elijah Sims
General Service Worker

Part-Time Staff
Anika, Cindy, and Alberto

Important Closures

CHRISTMAS DAY
December 25th



*Happy
New Year*

NEW YEARS
January 1st



Message from Dir. Sanchez:



Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelás Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelás neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,
Anna M. Sanchez, Director



PLEASE JOIN US FOR A
**HOLIDAY
LUNCHEON**

WEDNESDAY, DECEMBER 25, 2024

HOSTED BY MANZANO MESA
MULTIGENERATIONAL CENTER

Tickets are \$4 per person. Space is limited, please
reserve your ticket in person at MMMC beginning
Monday, December 2, 2024

TIME: 11 AM - 1 PM Where: 501 Elizabeth St.
SE, 87123

Please call 505-275-8731 to reserve
***Center will not be open for regular
scheduled activities.***

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Monday

Friendship Coffee	8:00 AM-2:00 PM
Puzzle Table	8:00 AM-4:45 PM
Yoga	8:30 AM-9:30 AM
Movie	1:30 PM-3:30 PM
Bingo(1st and 3rd Monday)	1:30 PM-3:00 PM
Dance(4th Monday)	1:30 PM-3:00 PM



Tuesday

Friendship Coffee	8:00 AM-2:00 PM
Puzzle Table	8:00 AM-4:45 PM
Tech Help Tuesday	8:00 AM-4:45 PM
Line Dancing	1:00 PM-2:30 PM



Wednesday

Friendship Coffee	8:00 AM-2:00 PM
Flea Market	8:00 AM-12:00 PM
Flea Market Sign up (Last Wednesday)	10:15 AM-11:00 AM
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
Paint and Sip	10:00 AM-12:00 PM
Spice Rack Remedies (2nd Wednesday)	10:30 AM-11:30 AM
Yoga	12:00 PM-1:00PM



Thursday

Friendship Coffee	8:00 AM-2:00 PM
Puzzle Table	8:00 AM-4:45 PM
Movie Fiesta Month	9:00 AM-11:00 AM
Crochet Group	10:00 AM-11:30 AM
Pickleball	1:30 AM-3:00 PM



Friday

Friendship Coffee	8:00 AM-2:00 PM
Puzzle Table	8:00 AM-4:45 PM
Yoga	9:45 AM-10:45 AM
Karaoke	11:00 AM-12:30 PM
Card Game Time	1:30 PM-3:00 PM



**More Activities
Coming Soon!**

Santa Barbara Martineztown Multigenerational Center

1825 Edith Blvd NE 87102

Friday, December 13th, 2024

1:00 PM-3:00 PM

Entry is a Gift

\$5 Minimum Wrapped



Join us for a fun-filled evening of Winter Bingo on December 13th, 2024! Get ready to win some fabulous prizes while enjoying the festive spirit of the season!

What to Expect:

- Exciting rounds of bingo with a chance to win holiday goodies!
- A cozy atmosphere perfect for family and friends!

Inclusive Beats: Dance, Smile, Belong

December 16th, 2024

1:30 PM-3:00 PM

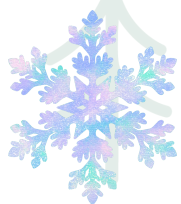
Winter Wonderland

Bring a gift get a gift!

January 27th, 2024

1:30 PM-3:00 PM

The Great Gatsby



New Mexico State University Presents: Ideas for Cooking and Nutrition (ICAN)

Dates

December 3rd

December 10th

1:00 PM-2:30 PM

We will prepare food together and explore new cooking methods, while also learning healthier eating habits to benefit your overall well-being.

Sign up At Front Desk

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Birthday Cake Celebration

Join us every third Wednesday of the Month for our Birthday Cake Celebration, Sponsored by Oak Street Health.

Wednesday- December 18th
1:00 PM



Renewing Drivers' Licenses, Obtaining A Real ID Or A Name Change Senior Citizens Law Office



Thursday, December
19th

1:30 PM-2:30 PM

*Sign up at front desk

Learn how to

- Renew your driver's license
- change your name

Monthly Spice Rack Remedies: Presentation by: Michael 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!



Cinnamon

Wednesday, December 11th

10:30 AM-11:30 AM

*Sign up at front desk



Thursday, December 12
3:00 p.m. - 5:00 p.m.

Teeniors at Santa Barbara Martineztown
Teeniors (tech-savvy teens who help seniors learn technology will be here at Santa Barbara Martineztown!

Sign up at the front desk



Below are other locations in December!

North Domingo Baca Ctr.....Tues, Dec 3 | 3:00-5:00p

Bear Canyon Senior Ctr.....Fri, Dec 6 | 3:00-5:00p

Palo Duro Senior Ctr.....Wed, Dec 11 | 3:00-5:00p

Santa Barbara Martineztown ...Thurs, Dec 12 | 3:00-5:00p

Highland Senior Ctr.....Wed, Dec 18 | 3:00-5:00p

Manzano Mesa Multi Gen Ctr.....Mon, Dec 23 | 2:00-4:00p

Participant Code Of Conduct

The Zone

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.

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-4:45 PM

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.

Santa Barbara Martineztown Multigenerational Flea Markets

Come join us for flea markets every 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

Wednesday, December 18th

10:15 AM

\$2 per table

8:00 AM- 12:00 PM



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

No Meeting in December



That Darn Yarn: Crochet Group



Thursdays

10:00 AM-11:30 AM



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)

(\$3 FEE)Wednesdays

12:00 PM- 1:00 PM

Fridays

9:45 AM - 10:45 AM

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



Movie Fiesta Month

Mondays

Movie: Home Alone
Monday, December 2
Rating: PG
1:30 PM -3:30 PM



Movie: Elf
Monday, December 9
Rating: PG
1:30 PM -3:30 PM



Movie: A Muppets Christmas Carol
Monday, December 23
Rating: PG
1:30 PM -3:30 PM



Movie: Miracle on 34th Street
Monday, December 30
Rating: PG
1:30 PM -3:30 PM



Thursdays

Movie: Home Alone 2
Thursday, December 5
Rating: PG
9:00 AM -11:00 AM



Movie: A Christmas Story
Thursday, December 12
Rating: PG
9:00 AM -11:00 AM



Movie: Polar Express
Thursday, December 19
Rating: PG
9:00 AM -11:00 AM



ATTENTION- Movies 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

9:00 AM-10:00 AM

Card Game Time

Fridays

1:30 PM-3:00 PM

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.



Pickleball

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

Thursdays

1:30 PM-3:00 PM

NEW!

STARTING IN DECEMBER!

Bingo

Join us for some exciting games of Bingo!!



1st and 3rd Monday of the month
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

Senior Hot Meals Monthly Schedule

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

\$8.41

55-59

5.55

60 AND UP

\$2

(DONATION)

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DECEMBER 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 <ul style="list-style-type: none"> Salisbury Steak w/ Green Chile Gravy Corn Mashed Potatoes Dinner Roll/Margarine Yogurt 1% milk 	3 <ul style="list-style-type: none"> Turkey Tetrazzini Brussel Sprouts Peach Cobbler Breadstick 1% milk 	4 <ul style="list-style-type: none"> Baked Tilapia w/Tarter Sauce Rice Pilaf Green Beans Vanilla Pudding 1% milk 	5 <ul style="list-style-type: none"> Spaghetti /Mushrooms Seasonal Vegetable Breadstick Mixed Fruit Cup 1% milk 	6 <ul style="list-style-type: none"> Diced Pork w/ Gravy Brown Rice Oriental Blend Dinner Roll/Margarine Jell-O 1% milk
9 <ul style="list-style-type: none"> Beef Stir-Fry Butter Noodles Fortune Cookies Seasonal Fruit 1% milk 	10 <ul style="list-style-type: none"> Lemon Baked Salmon White Rice Seasonal Vegetable Dinner Roll/Margarine Orange 1% milk 	11 <ul style="list-style-type: none"> Pork Tamale/Red Chile Pinto Beans Seasonal Vegetable/Calabacitas Chocolate Pudding 1% milk 	12 <ul style="list-style-type: none"> Cheese Omelet / Onions & Peppers Stewed Tomatoes Spinach Apple Sauce 1% milk 	13 <ul style="list-style-type: none"> Chicken Posole Succotash Tortilla Diced Pears 1% milk
16 <ul style="list-style-type: none"> Carne Adovada/ Red Chile Spanish Rice Corn w/ Red Peppers Vanilla Pudding 1% milk 	17 <ul style="list-style-type: none"> Turkey & Brown Rice w/ Gravy Green Beans Cauliflower w/ Red Peppers Apple Sauce 1% milk 	18 <ul style="list-style-type: none"> Baked Chicken Mashed Potatoes Diced Beets Mixed Fruits 1% milk 	19 <ul style="list-style-type: none"> Macaroni & Broccoli Spinach Cherry Cobbler Dinner Roll/Margarine 1% milk 	20 <ul style="list-style-type: none"> Ground Beef/Potatoes Stewed Tomatoes Cornbread Peaches 1% milk
23 <ul style="list-style-type: none"> Baked Cod Fish/ Tartar Sauce Rice Pilaf Carrots Jell-O 1% milk 	24 <ul style="list-style-type: none"> Ham/Pineapple Glaze Mashed Sweet Potatoes Mixed Vegetables Holiday Cookie 1% milk 	25 <p>CLOSED</p> <p>Happy Holidays</p>	26 <ul style="list-style-type: none"> Veggie Cheeseburger Diced Beets Normandy Blend Chocolate Pudding 1% milk 	27 <ul style="list-style-type: none"> Green Chile Chicken Tamale Pinto Beans Calabacitas Yogurt 1% milk
30 <ul style="list-style-type: none"> Texas Chili Cornbread/Margarine Succotash Diced Pears 1% milk 	31 <ul style="list-style-type: none"> Asian Diced Pork/ Peppers Rice Pilaf Oriental Blend Fortune Cookie 1% milk 	1 <p>CLOSED</p> <p>HAPPY NEW YEAR</p>	2 <ul style="list-style-type: none"> Omelet w/ Red Chile & Peppers Sweet Potatoes Blackeye Peas Dinner Roll/Margarine Pudding 1% milk 	3 <ul style="list-style-type: none"> Breaded Cod/ Tartar Sauce Crinkle Cut Fries Peas & Carrots Brownies 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.

Santa Barbara Martineztown Multigenerational Center

Presents:

WINTER BREAK PROGRAM

Welcome to the Santa Barbara Martineztown Center. A New facility where kids ages 5-13 can discover, learn, and play in a nurturing and vibrant environment!

Our program is designed to provide a safe space for children during Winter Break, offering engaging activities that promote personal growth, creativity, and social connections.

Call today to find out how to Reserve your spot!
505-767-5671

Active Membership-
\$20

Monthly Program Fee-
\$15

Ages-
5-13

23 ART-Jenga ART-Name Game GYM-Ships and sailors GYM-Scrap Ball	24 ART-Pom Pom Buddies ART-4 Corners GYM-Stuck in the mud tag GYM-Knock out	25 CLOSED	26 ART-Paint a Rock ART-Draw and Pass GYM-Keep The Balloon Up GYM-Soccer	27 ART-Checkers ART-Draw things with circles GYM-Obstacle course GYM-One Fish Two Fish Red Fish Blue Fish
30 ART-Glitter Names ART-Clothes Hanger Buddies GYM-500 GYM-Kickball	31 ART-Ghost in the Graveyard ART-Hand Print Animals GYM-Zombie Tag GYM-Helicopter	1 CLOSED	2 ART-Board Games ART-craft stick puzzles GYM-Corn Hole GYM-Catch and Step	3 ART-Heads Up Seven Up ART-Braclet Making GYM-Duck Hunt GYM-Humans vs Zombies

Hours:

7:30 AM-5:00 PM

Dates

December 23-January 3

Location:

Santa Barbara Martineztown
Multigenerational Center
1825 Edith Blvd NE,
Albuquerque, NM 87102
505-767-5671

Closed-

December 25th and January 1st

Santa Barbara Martineztown Multigenerational Center

Presents:

After School Youth Program!

Ages:

5 - 13 years old

Dates:

January 6th- May 16th

Hours of Operation:

3:30 PM- 5:00 PM

Location:

Santa Barbara Martineztown
Multigenerational Center
1825 Edith Blvd NE,
Albuquerque, NM 87102

School Location:

Low Wallace Elementary-

We will Transport from School to Center.

Jefferson Middle School-

Pick up from the Bus stop off of Edith Blvd NE and Hannett Ave NE

Phone:

505-767-5671

Fees:

- Active Membership Fee: \$20 Annual, per child
- Program Fee: \$15 per month, per child

Supper Meal will be provided

Snacks are welcome!

Planned Activities & Field Trips Include:

- Arts & Crafts
- Sports & Outdoor Games
- Field Trips to Local Attractions
- Fun Group Projects

Call us today to reserve your spot! Spaces are limited!

**The Youth Zone!-
Starting in January!**

NEW!



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senior affairs