

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.

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senior affairs

**JOIN US
for**

SENIOR DAY

FEBRUARY 13, 2026

WWW.AGING.NM.GOV/SENIORDAY



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.

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senior affairs

NEW
MEXICO
AGING
SERVICES
NEW MEXICO AGING & LONG-TERM SERVICES DEPARTMENT

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



CENTER SURVEY ANNOUNCEMENT!

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!



Monday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-Gentle
Intermediate Pickleball
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
9:00 AM-10:00 AM
1:00PM-3:30PM
3:45 PM-4:45 PM



Weekly Activity

Thursday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-All Level
Crochet Group
Friendships/Relationships (AM)
Friendships/Relationships (PM)
Inclusive Bingo

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
10:00 AM-11:30 AM
10:00AM-12:00PM
12:30PM-2:30PM
2:00 PM-3:00 PM



Tuesday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Tech Help Tuesday
Yoga-All Level
Beginner Pickleball
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
9:00 AM-10:00 AM
9:30AM-11:30AM
1:00 PM-2:00 PM
3:45 PM-4:45 PM

Wednesday

TV Viewing
Friendship Coffee
Computer Lab
Flea Market (1st Wednesday)
Paint and Sip
Puzzle Table
Walk in the Park
YouTube Foodies
Movie
(3rd Wednesday)
Friendships/Relationships (AM)
Corn Hole
Friendships/Relationships



9:00 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
9:00 AM-11:00 AM

9:00AM-12:00AM
1:30 PM-2:30 PM
2:00PM-4:00PM

Friday

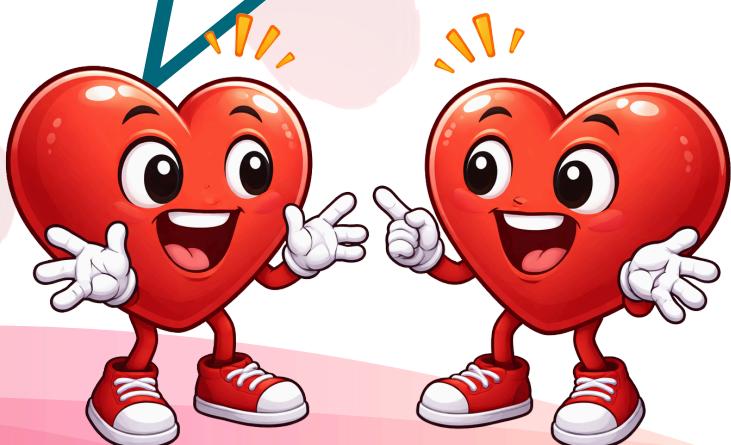
TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga
Karaoke
Card Game Time
Zumba-Low Impact

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
12:00 PM-3:00 PM
1:30 PM-3:00 PM
3:45 PM-4:45 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.



The Zone

NEW!

Senior Citizens Law Office

Estate Planning

Tuesday, February 20th
9:30 am-11:30 am



RSVP at

505-767-5671

Power of Attorney

Thursday, March 5th
9:30 am-11:00 am

Scam and Identity

Theft Presentation

Friday, Mar. 20, 2026
9:30AM to 11:30AM

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!

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



Wednesday,
February 4th

Lottery Drawing

First come, First served

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!

GEHM Clinic

Thursday, February 19th
8:30 AM - 12:00 PM

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



Crochet Group: That Darn Yarn

Thursdays
10:00 AM-11:30 AM



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

2:00 PM-4:00 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

9:00 AM-10:00 AM

Thursday

9:00 AM-10:00 AM



Karaoke

Fridays

12:00 PM-3:00 PM

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

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

Pickleball

Beginner

Tuesdays

9:30AM-11:30AM



Intermediate

Mondays

1:00PM-3:00PM

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*Attention- Movies
subject to change*

Movies Wednesdays



Drama
1st Wednesday
9:00 AM -11:00 AM



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



Romance
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 the leaves fall and we embrace the beauty of the fall 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



Acoustic Music Circle

All songs and voices welcome including original tunes
All ages and abilities welcome
Come express yourself and show your talent
Call 5057675671 and RSVP for the Class!

1st Thursday of the Month,
1pm-3pm
No Cost



The Zone

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!

Tuesday, January 6th
3:00PM-5:00PM

at Santa Barbara Martineztown!

Please call to book an appointment!
5057675671 or 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

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.



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

February 23rd, 2026

Santa Barbara Martineztown
Multigenerational Center
1825 Edith Blvd NE 87102



Friendship Coffee

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



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

**IMPORTANT
NOTICE**

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FEBRUARY

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.

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

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)

Senior Affairs Events



Fall Prevention and Recovery Presentation Feb. 17, 2026 9:30AM to 11:30AM

Santa Barbara Martineztown
Multigenerational Center- Join us for
a presentation on fall prevention.



Estate Planning Presentation Feb. 20, 2026 9:30AM to 11:30AM Santa Barbara Martineztown Multigenerational Center- Join us for a presentation on fall prevention.

Join the Senior Citizens' Law
Office for a presentation on
Estate Planning
February 20th, 2026 at 9:30 AM



Power of Attorney Clinic Mar. 5, 2026 9:30AM to 11:00AM Santa Barbara Martineztown Multigenerational Center- Join us for a clinic on Power of Attorney.

Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).
Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.
Attendees must sign up in advance for this event at the front desk.



Scam and Identity Theft Presentation Mar. 20, 2026 9:30AM to 11:30AM Santa Barbara Martineztown Multigenerational Center- Join us for a presentation on scam and identity prevention.

Join Senior Citizens' Law Office for a
Power of Attorney Clinic

March 5th 9:30AM to 11:00 AM



Bring current
Photo ID, and
the names and
contact
information of
people you will
appoint as
agents.

Attorneys will guide attendees through completing
Powers of Attorney for both Healthcare and Finances.
You must sign up in advance with the front desk since only
15 spaces are available for this workshop.

Also, non-English speaking and hard of hearing seniors may contact SCLO at 505-265-2300 to set up in-office appointments for powers of attorney. SCLO is unable to serve seniors who require this one-on-one attention at the senior centers in a group setting but will do so at our office located at 1240 Pennsylvania St. NE, Albuquerque 87110.



Join the Senior Citizens' Law Office
For a Presentation on
Scams and Identity Theft

Come learn
about:
• Common Scams
• Red Flags to
Watch For
• How to Fix
Identity Theft



Friday, March 20th, 2026
9:30AM at Santa Barbara-
Martineztown
Multigenerational Center

Please sign up in advance at SBMT.

“For all our holiday and
seasonal events, please
visit
www.cabq.gov/seniors
and click on the ‘Senior
Affairs Events’ tab on the
left side of the page.”