

# November 2025



**Santa Barbara Martineztown  
Multigenerational Center**

**505.767.5671**

**1825 Edith Blvd NE 87102**

**[cabq.gov/seniors](http://cabq.gov/seniors)**

## Welcome to Santa Barbara Martineztown!

We had another Spooktacular success with our Trunk or Treat event this year! Thank you to everyone who donated, decorated, and participated —your support made it a wonderful community celebration for the second year in a row.

Thanks to your generosity, we were also able to donate 32 pounds of food to the Roadrunner Food Bank during our Stuff the Truck event. Great job, everyone!

### Upcoming Events

#### Turkey Bingo

Monday, November 3 | 1:30 PM – 3:00 PM

Join us for an afternoon of fun, laughter, and prizes while supplies last.

#### Veterans Day Celebration

Friday, November 10 | 10:00 AM – 11:00 AM

We will be honoring our veterans with cake and commemorative pins.

#### Holiday Bingo

Monday, December 15 | 1:30 PM – 3:00 PM

Celebrate the season with us and enjoy a few festive rounds of bingo while supplies last.

### New Ongoing Classes

#### Mindfulness Class

Our new mindfulness class is off to a great start. Stop by and take part in this relaxing, stress-relieving activity.

#### Latin Aerobics

Latin Aerobics is in full swing! Classes are \$7 each come join us for a fun, upbeat workout.

#### Acoustic Music Circle

Starting November 6 | 1:00 PM – 3:00 PM

Bring your instrument or your voice and join us for an acoustic jam session. Express yourself, share music, and have a great time!

#### Pickleball

Beginner start Tuesdays 9:30AM-11:30AM

Intermediate start Mondays 1PM-3PM

### Center Closures

Please note that the center will be closed on Monday, November 11 in honor of Veterans Day, and on November 27 and 28 for Thanksgiving break. We will reopen on Monday, December 1.

## 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**  
**Isaiah Poole**

### Part-Time Staff

**Aaliyah, Albert, Amiah,  
Brandon, Sebastian,  
Lucero, and Ivevienna**

## Important Information

**Center  
Closed**



**Nov. 11, 2025  
Veterans Day**

**Nov. 27<sup>th</sup> and 28<sup>th</sup>  
Thanksgiving Break**



# 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



**ZUMBA**  
FITNESS



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



**ZUMBA**  
FITNESS

# Wednesday

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

98:00 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  
1:00PM-2:00PM  
1:30 PM-2:30 PM  
2:00PM-4:00PM



# 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  
8:30 AM-9:30 AM  
10:00 AM-11:30 AM  
10:00AM-12:00PM  
12:30PM-2:30PM  
2:00 PM-3:00 PM



# Friday

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

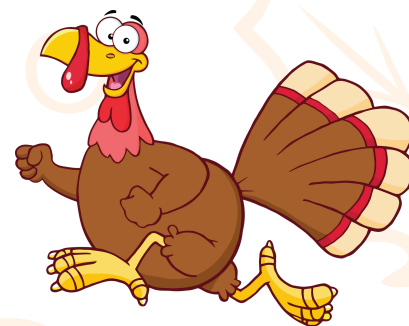
8:00 AM-5:00 PM  
8:00 AM-2:00 PM  
8:00 AM-3:00 PM  
8:00 AM-4:45 PM  
9:45 AM-10:45 AM  
12:00 PM-3:00 PM  
1:30 PM-3:00 PM  
2:30PM-3:30PM  
3:45 PM-4:45 PM



**ZUMBA**  
FITNESS

## 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.



**ONE  
ALBUQUE  
RQUE**

## 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,  
November 5th

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 who loves to line dance or wants to learn line dancing!

## GEHM Clinic

Thursday, November 20th  
8:30 AM - 12:00 PM



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

## That Darn Yarn: Crochet Group

Thursdays  
10:00 AM-11:30 AM



## Latin Aerobics

Wednesdays  
1:00PM-2:00PM

Come get your salsa on with some aerobics to stay healthy while having some fun!

Cost:\$7

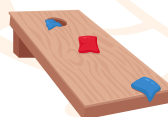


## Building Friendships and Relationships: Supporting Individuals with Intellectual Disabilities



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  
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 Friday, October 10th  
Ends Friday, November 28th  
2:00 PM-3:30 PM



## 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



\*Attention- Movies  
subject to change\*

# Movies Wednesdays



**Drama**  
1<sup>st</sup> Wednesday  
9:00 AM -11:00 AM



**Action**  
2<sup>nd</sup> Wednesday  
9:00 AM -11:00 AM



**Romance**  
3<sup>rd</sup> Wednesday  
9:00 AM -11:00 AM



**Thanks Giving Theme**  
4<sup>th</sup> 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 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

Come express yourself and show your talent

Open to all levels

Starting  
Thursday,  
November 6<sup>th</sup>  
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!



Thursday, November 13<sup>th</sup>  
3:00PM-5:00PM

at Santa Barbara Martineztown!

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

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

### DSA Advisory Council

November 17, 2025

Barelas Senior Center

714 7<sup>th</sup> ST SW, 871028



### Friendship Coffee

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

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





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
3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	<b>CLOSED 11</b>  <b>VETERANS DAY</b> <b>HONORING</b> <b>★ ALL WHO ★</b> <b>SERVED</b>	12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	<b>CLOSED 27</b> <b>CLOSED 28</b> 	

## 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.**

# EVENTS AND INFO



## ANNUAL HOLIDAY DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE WITH SENIORS IN NEED THIS HOLIDAY SEASON. DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM.

**NEW ITEMS NEEDED:**

- SCARVES
- HATS
- GLOVES
- SOCKS
- BLANKETS

BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER BEFORE NOVEMBER 30, 2025

SCAN QR CODE



FOR AMAZON REGISTRY

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Independence at home A SCAN COMMUNITY SERVICE.

FOR MORE INFORMATION, CALL (505) 764-6400

Taught by Carlota Silva

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER PRESENTS:

## LATIN AEROBICS

Dance | Sweat | Smile.



**What to Expect:**

- High-energy music
- All fitness levels welcome
- Easy-to-follow moves
- Burn calories while having fun!

**\$7 PER CLASS**

From 1:00pm to 2:00pm Wednesdays

1825 Edith Blvd NE, 87102



SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER PRESENTS:

## 2<sup>ND</sup> ANNUAL TURKEY BINGO

MONDAY, NOVEMBER 3RD  
1:30PM TO 3:00PM

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER  
1825 EDITH BLVD NE 87102  
RSVP AT 505-767-5671

WHILE SUPPLIES LAST COME PLAY SOME BINGO FOR THE CHANCE TO WIN A TURKEY!



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SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER PRESENTS:

## 2<sup>ND</sup> ANNUAL HOLIDAY BINGO

MONDAY, DECEMBER 15TH,  
1:30PM TO 3:00PM

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER  
1825 EDITH BLVD NE 87102  
RSVP AT 505-767-5671

WHILE SUPPLIES LAST COME PLAY SOME BINGO FOR THE CHANCE TO WIN A WRAPPED GIFT!



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