November 2026

Santa Barbara Martineztown Multigenerational Center

505.767.5671
1825 Edith Blvd NE 87102
cabq.gov/seniors

Welcome to Santa Barbara Martineztown!

Discover What's Happening at the Santa Barbara Center This Month!

We have a packed calendar of exciting activities, fitness classes, and educational workshops coming up this month at Senior Affairs. There is truly something for everyone, so grab a friend and come join the fun with our community!

Stay Active: Weekly Fitness & Arts Schedule

No matter your fitness level or creative interests, we have a class to keep you moving and inspired:

- Yoga: Mondays, Tuesdays, Thursdays and Fridays.
- Zumba Fitness: Mondays, Tuesdays, and Fridays.
- Swedish Weaving Class: Every Friday.
- Quilting: Every Tuesday.
- Busy Bees: Tuesdays
- Vet Lap Group and Busy Bees:Every Wednesday.

Senior Lunch Program: Delicious & Affordable Meals

- Enjoy nutritious lunches served right here at the center. To participate, you just need an active membership and a reservation. Call us by 1:00 PM the day before to save your seat.
  - Ages 60+: Meals are provided at a voluntary donation rate.
  - Ages 50–59: Meals cost just $5.

Kudos!

- Trunk or treat was a huge success with over 500+ participants of all generations and we were able to team up with many entities around the city so thank you all for making it a successful time!

Reminder!

- We now have a Suggestion, Comment, or Compliment Box located at the front desk! We would love to hear from you. Whether you have an idea, a suggestion for improvement, a kind word, or feedback to share, your input is always appreciated. Your thoughts help us continue growing, improving, and making our center an even more welcoming and enjoyable place for everyone. Thank you for being part of our community!

- While Palo Duro Senior Center undergoes construction, we would love to welcome you to visit and enjoy the Santa Barbara Martineztown Multigenerational Center! You are also more than welcome to spend time at North Valley and Highland Senior Centers. We encourage you to explore these neighboring centers, participate in their activities, meet new people, and continue enjoying the friendships and sense of community that make our senior and multigenerational centers so special. We look forward to seeing you!

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

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
Gonzalo

Part-Time Staff
Albert, Amiah, Brandon, Eric, Sebastian, Lucero, MyYen

Front Desk
Dolly, Ken

Important Information

Closures:

Veterans Day
Wednesday, November 11

Thanksgiving
Thursday/Friday
November 26th and 27th

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

A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us.
At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.
Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

Anna Sanchez Director, Department of Senior Affairs



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

ONE ALBUQUERQUE

Coffee With Constituents:
8:30 AM-9:30AM
Conway Wood Northwest Multigenerational Center
10751 Cibola Loop NW, 87114
Thursday, November 12
Join us for some coffee with the Director!

Advisory Council Meeting
Monday, November 16th
12:00 PM-1:30 PM
Conway Wood Northwest Multigenerational Center
10751 Cibola Loop NW, 87114

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731



Weekly Activity

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



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
Tuesdays Angels	9:00 AM-11:00 AM
Sewing and Alterations	9:00 AM-12:00 PM
Quilting Class	8:30 AM-11:30 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



Wednesday

TV Viewing	8:00 AM-5:00 PM
Vet Lap Ropes	8:30 AM-12:00 PM
Friendship Coffee	8:00 AM-2:00 PM
Computer Lab	8:00 AM-3:00 PM
Flea Market (1st Wednesday)	8:00 AM-12:00 PM
Pickleball	9:00 AM-11:00 AM
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
Busy Bees	12:00 PM-3:00 PM
Corn Hole	1:30 PM-2:30 PM
Friendships/Relationships	2:00PM-4:00PM



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)	10:00AM-12:00PM
Friendships/Relationships (PM)	12:30PM-2:30PM
Rock Hounds (1st and 3rd week Meeting. 2nd and 4th trip)	12:00PM-1:30PM
Billiards	1:00 PM-3:00 PM
Inclusive Bingo	1:00 PM-2:00 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 AM
Chair Yoga	10:15 AM-11:15 AM
Karaoke	1:00 PM-3:00 PM
Glass Working	1:00 PM-4:00 PM
Swedish 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



Memberships!

- $20.00 Annual Membership Fee(within City of Albuquerque Limits)
- $50.00(Outside of Bernalillo County)
- **$15 for Single Use Day Pass.**
- 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 ALBUQUERQUE senior affairs

The Zone

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, Nov. 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

ZUMBA FITNESS

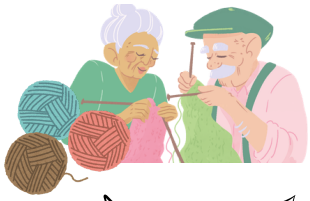
Line Dancing (Beginning)



Tuesdays from 1:00 PM - 2:00 PM

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

Crochet Groups:

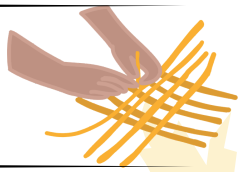


That Darn Yarn
Thursdays
10:00 AM-11:30 AM

Busy Bees
Wednesdays
12:00 PM-3:00 PM

Tuesdays Angels
Tuesdays
9:00 AM-11:00 AM

Swedish Weaving



Fridays
12:30 PM-3:30 PM

Quilting Class

Tuesdays
8:30 AM-11:30 AM

Come and join in with one another for a good time with good people!

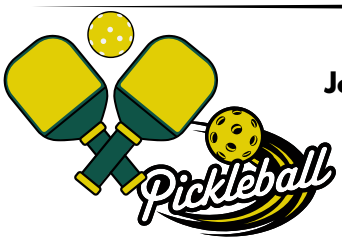


Building Friendships and Relationships: Supporting Individuals with Intellectual Disabilities



Cost: Varies

Wednesdays
2:00 PM - 4:00 PM
Thursdays
10:00 AM-12:00 PM
12:30 PM-2:30 PM



Pickleball

Join us for some exciting pickleball indoors!

Wednesdays
9:00 AM-11:00 AM

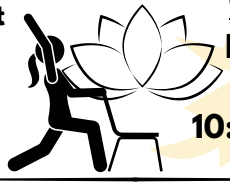
Gentle Yoga
Instructor: Toby
Mondays
9:00 AM - 10:00 AM

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



All Level Yoga
Instructor: Amy
Tuesdays and Fridays
9:00 AM-10:00 AM

Join in the fun and do some light yoga with a chair and get your move on!



Chair Yoga

Instructor: Amy
Fridays
10:15 AM-11:15 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!!

ONE ALBUQUERQUE senior affairs

The Zone

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

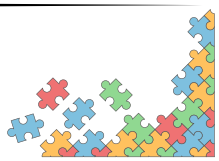
Walk in the Park



Take a refreshing stroll with us through the park as we embrace the beauty of the 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

Ping Pong



Tuesdays
9:00 AM-11:00 AM

Vet Lap Group



Wednesdays
8:30 AM-12:00 PM

Glass Working



Fridays
1:00 PM-4:00 PM
Come join us for some fuse glass fun.
All skill levels welcome.
Fee for supplies
Check out the weekly projects at Burqueglassworks on Facebook!

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

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.

Paint and Sip Coffee



Unwind with a relaxing Paint & Sip session—enjoy a cup of coffee while you unleash your creativity on canvas via water color!

Wednesdays
10:00 AM-12:00 PM

Sewing and Alterations



Availability at a first come first served basis.
One Machine Available on site
9:00 AM-10:00 AM

Santa Barbara Martineztown Multigenerational Center

505.767.5671
1825 Edith Blvd NE
87102
cabq.gov/seniors

Senior Hot Meals Monthly Schedule

ONE ALBUQUERQUE

November



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 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	**3** Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	**4** Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	**5** Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	**6** Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9 Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	**10** Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	**CLOSED 11** 	**12** Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz	**13** Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	**17** Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	**18** BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	**19** Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	**20** Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	**24** Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	**25** Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	**CLOSED 26** 	**CLOSED 27**
30 Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	**1** Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	**2** Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	**3** Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	**4** Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea Jell-O 4oz 1% Milk 8oz

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 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-
50-59
$5
60 AND UP
$2
(DONATION)

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:

ANNUAL TURKEY BINGO

PLAY TO WIN SOME PRIZES!

WEDNESDAY, NOVEMBER 4TH

10:30 AM - 12:30 PM

TEST YOUR LUCK FOR A "BINGO"TASTIC TIME!

COME IN YOUR FIESTA ATTIRE AND GET IN THE SPIRIT!

DON'T FORGET TO ORDER YOUR LUNCH BEFORE 1PM THE DAY BEFORE.

ONE ALBUQUERQUE senior affairs

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

RSVP WITH THE FRONT DESK AT 505-767-5671

MEDICARE FAIR

EVENT SERIES | *take care of your health*

Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

LOCATIONS AND TIMES

JOIN US

Manzano Mesa Multigenerational Center
- Medicare Event: Nov. 6, 11 am – 1 pm
- SHIP Counseling: Nov. 18, 11 am – 1 pm

Barelas Senior Center
- Medicare Event: Nov. 12, 11 am – 1 pm
- SHIP Counseling: Nov. 19, 11 am – 1 pm

Call 505-764-6400 for more information

ONE ALBUQUERQUE senior affairs

Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH
9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETHST.SE
(505) 275-8731



- Tin Art
- Jewelery
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!

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Support Our Senior Artisans!

cabq.gov/seniors

United Healthcare

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HOLIDAY DONATIONDRIVE

THEDEPARTMENT OFSENIORAFFAIRSIS COLLECTINGNEW ITEMSTOSHAREWITH SENIORSIN NEED THISHOLIDAY SEASON.

DONATIONS WILL BE DELIVERED TOOLDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM.

New Items Needed:

- Hats
- Socks
- Gloves
- S car ves
- Blankets*

*Handmade Blankets Must Be New

BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER
DONATION PERIOD
NOVEMBER 1-30, 2026
For More Information Call
505-764-6400

HIGHLAND SENIOR CENTER

Thanksgiving Lunch

Join us for food, fun, and fellowship!

DATE	Thursday, Nov. 26, 2026
EVENT TIME	11:00 AM – 1:00 PM
DOORS OPEN FOR SEATING	11:00 AM
LUNCH SERVED	11:30 AM – 12:00 PM
COST	$4.00 per person
AGES	60 and older
TICKET SALES BEGIN	Monday, Oct. 26, 2026
LOCATION	Highland Senior Center

For more information and to purchase tickets, please contact 505-767-5210.

Must have a current Department of Senior Affairs membership.

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Santa Barbara Martineztown Multigenerational Center Presents:

VETERANS DAY CELEBRATION | HONORING ALL WHO SERVED



JOIN US TO CELEBRATE VETERANS THAT HAVE SERVED. ENJOY SOME CAKE, COFFEE AND IF YOU ARE A VETERAN WHILE SUPPLIES LAST A PIN TO THANK YOU FOR YOUR SERVICE!

TUESDAY, NOVEMBER 10
11:30 AM - 12:30 PM

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AmeriCorps Seniors

ONE ALBUQUERQUE senior affairs

Current Volunteer COP Holder Driving Safety Course

Because Every Safe Driver Makes a Difference

This course is MANDATORY for all current volunteer City Operators Permit (COP) drivers!

Course Includes:

- **Basic & Advanced Driving Safety Rules**
- **How to Handle Emergencies**
- **Safe Driving Habits**
- **Avoiding Common Mistakes**
- **Driving Test**



October 29th
November 5th & 12th

9am – 1pm

Anderson/Abruzzo Balloon Museum
9201 Balloon Museum Dr NE, 87113

Please call (505)767-5225 to sign up for one of the dates at least 3 days before the session.