

October 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:

- Daily Yoga: Mondays, Tuesdays, Thursdays and Fridays.
- Zumba Fitness: Mondays, Tuesdays, and Fridays.
- Painting Class: Every Thursday.
- Lots of new classes coming in

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.

Expand Your Knowledge: Special Workshops

We are dedicated to keeping you informed, safe, and prepared for the future:

- Trunk or treat is coming up and we are looking for people to pass out candy, bring their cool cars to show off and hang out with a live band
- AI & Scam Awareness Class: Learn how to spot modern digital scams and protect your personal information using artificial intelligence insights.
- Teeniors: Teaching the basics on Technology
- Flip through this newsletter to view the official flyers with exact dates, times, and registration details!

**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
Kadence, Ken

**Important
Information**
**Indigenous
Peoples' Day
Closure**

**Monday,
October 12**



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

**ONE
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Santa Barbara Martineztown
Multigenerational Center
Presents:

SPOOKTACULAR TRUNK OR TREAT

THE 3RD YEAR TREAT

Dear Family and Friends,

Get ready for a Halloween celebration that's fun for all ages!
We're excited to invite you to our special Trunk-or-Treat event,
bringing together families, seniors, and kids for a day of
costumes, treats, games, laughter, and community. Come join us
for a safe and festive Halloween celebration where everyone
can enjoy the spirit of the season together!



EVENT ACTIVITIES

Car Show
Refreshments
Movie
Live Band



Date: Wednesday, October 28th
Time: 4:00 PM-7:00 PM



Location:
Santa Barbara Martineztown Multigenerational Center

Address:
1825 Edith Blvd NE 87102

We hope to see you there!
Contact Front Desk To Reserve your Spot, Thank You!



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, Oct. 8, 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.

**SIGN UP
NOW**



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

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:

October 22,
8:30–9:30 a.m.



at North Domingo Baca

Join us for some coffee with the Director!

Advisory Council Meeting



Monday, October 19,
12:00–1:30 p.m.

Barelas Senior Center

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



FREE MOBILE food pantry

Mobile food pantry for the community
supplied by Roadrunner Food Bank.

October 16, 2026 2:00PM– 4:30 PM
November 20, 2026 2:00PM– 4:30 PM
December 18, 2026 2:00PM– 4:30 PM



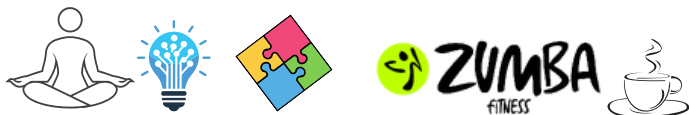
Monday

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



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	9:00 AM-12:00 PM
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 (1 st 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
Glass Working	1:00 PM-4:00 PM
Busy Bees	12:00 PM-3:00 PM
Corn Hole	1:30 PM-2:30 PM
Friendships/Relationships	2:00 PM-4:00 PM



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
Rock Hounds	12:00 PM-1:30 PM
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
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 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.



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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,
Oct. 7th

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 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

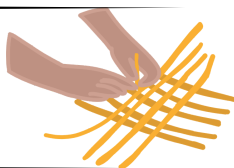
12:00 PM-3:00 PM



Swedish Weaving

Fridays

12:30 PM-3:30 PM



Deaf Seniors

Fridays

8:00 AM-12:00 PM

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

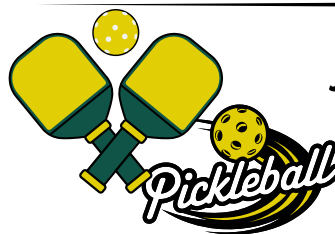
Wednesdays

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!!

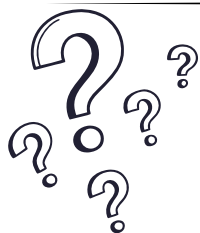
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Movies

The Zone

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

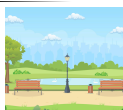


Adventure
4th Wednesday
9:00 AM -11:00 AM

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



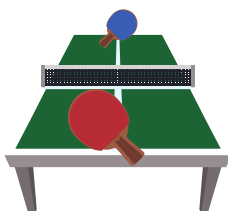
Puzzle Table

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



Ping Pong

Tuesdays
9:00 AM-11:00 AM



Glass Working

Wednesdays
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

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 via water color!



Wednesdays
10:00 AM-12:00 PM

Sewing Group

Tuesdays
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

**IMPORTANT
NOTICE**

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OCTOBER



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz 1pc Pinto Beans 4oz Flour Tortillas 2ea Hot Sliced Apples 4oz 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz 1oz Steamed Cauliflower 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
CLOSED 12 INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	23 New Mexican Grown Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz 1ea Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz Stewed Tomato 2oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 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.



PRIME TIME 50+ EXPO

Tuesday, October
20th 2026!

8:30AM - 1PM at the

NEW LOCATION!

Museum of Natural
History & Science



30 Years!

- FREE EVENT -

Join us as we celebrate 30 incredible years of the
50+ Expo!

Bigger, Better, and Now at the Newly Renovated
Museum of Natural History & Science!

Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



For More Info: Publisher@PrimeTimeNM.com • 505-242-2428 • PrimeTimeNM.com

Prime Time Expo Trip

Van ride to and from

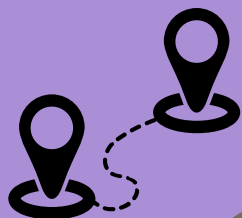
Museum of Natural History & Science

Check in: 8:00 AM

Leave Center: 8:15 AM

Depart Museum and Return to Center: 1:00 PM

Sign up at the
front desk!



SIGN UP
NOW

Ageless Artisan Craft Fair

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

MANZANO MESA
MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE
(505) 275-8731



Tin Art



Jewelry



Ceramics



Wood Work



Mixed-Media



Photography & More!



Support Our Senior Artisans!

cabq.gov/seniors



United
Healthcare



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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!

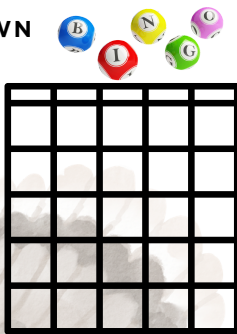
COME IN YOUR FIESTA
ATTIRE AND GET IN
THE SPIRIT!

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

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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

Bear Canyon Senior Center

- Medicare Event: Oct. 14, 9 - 11 am
- SHIP Counseling: Oct. 21, 9 - 11 am

Highland Senior Center

- Medicare Event: Oct. 15, 9 - 11 am
- SHIP Counseling: Oct. 22, 9 - 11 am

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



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HONORING OUR VETERANS

The City of Albuquerque Department of Senior Affairs is proud to recognize
the veterans in our community and honor their service to our nation.

BE PART OF DSA'S VETERANS WALL OF HONOR
Veterans are invited to have a **complimentary professional portrait** taken for
inclusion in our Veterans Wall of Honor, proudly displayed at participating
Department of Senior Affairs centers.

NORTH VALLEY SENIOR CENTER

THURSDAY, OCTOBER 8TH FROM 9:00 AM - 11:00 AM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

FRIDAY, OCTOBER 9TH FROM 10:30 AM - 12:30 PM

BARELAS SENIOR CENTER

TUESDAY, OCTOBER 13TH FROM 9:00 AM - 11:00 AM

HIGHLAND SENIOR CENTER

WEDNESDAY, OCTOBER 14TH FROM 11:00 AM - 1:00 PM

PLEASE SIGN UP AT THE FRONT DESK

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THANK YOU FOR YOUR DEDICATION,
YOUR SACRIFICES AND YOUR SERVICE



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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:

- ✓ Hats
- ✓ Socks
- ✓ Gloves
- ✓ Scarves
- ✓ 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