

September 2025

Santa Barbara Martineztown Multigenerational Center

505.767.5671
1825 Edith Blvd NE 87102
cabq.gov/seniors

Welcome to Santa Barbara Martineztown!

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers. If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at cabq.gov/seniors/about-senior-affairs/departament-of-senior-affairs-advisory-council. If interested in our Council or any other way to get involved with the City, visit cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application.

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelitas Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs

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

Matthew Montoya
Program Coordinator

Isaiah Poole,
Carl Sleeper

General Service Worker

Part-Time Staff

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

Important Information

Center Closed

Labor day
Sept. 1, 2025



Monday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-Gentle

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



Tuesday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Tech Help Tuesday
Yoga-All Level
Line Dancing
Zumba-Low Impact

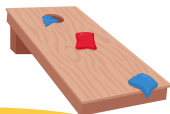
8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-4:45 PM
8:00 AM-4:45 PM
8:30 AM-9:30 AM
1:00 PM-2:00 PM
3:45 PM-4:45 PM



Wednesday

TV Viewing
Friendship Coffee
Computer Lab
Flea Market (1st Wednesday)
Paint and Sip
Puzzle Table
Walk in the Park
YouTube Foodies
Birthday Celebration!
(3rd Wednesday)
Corn Hole

8:00 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
1:00 PM-1:30 PM
1:30 PM-2:30 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.

Weekly Activity

Thursday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-All Level
Crochet Group
Pickleball
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
1:30 PM-3:00 PM
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
3:45 PM-4:45 PM

Starting October-Time TBD



Upcoming Trip!!!

Senior Day State Fair Trip!

We have 11 spots available for our trip to the State Fair on Senior Days. Will you be one of the lucky ones to make the list?

Sign-ups are open now!

Call 505-767-5671 to reserve your spot today.

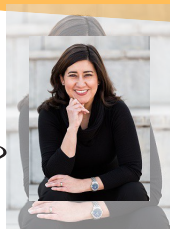
Don't wait—these seats will go fast!



Monday, September 15th
10:00 AM-2:00 PM

Coffee with Constituents

Join us for a fun time of sipping with coffee and communicating with the Director of Senior Affairs Anna Sanchez.



September 18th
8:30 AM-9:30 AM

ONE
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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!

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



Wednesday,
September 3rd

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!

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, September 18th
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



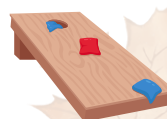
Thursdays
10:00 AM-11:30 AM

Building Friendships and Relationships: Supporting Individuals with Intellectual Disabilities



Cost:Varies

Wednesdays
9:00 AM - 12:00 PM
Thursdays
9:00 AM - 12:00 PM
Thursdays
1:00 PM-4:30 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
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!



Pickleball

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

Thursdays
1:30 PM-3:00 PM



*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



Comedy
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 we can walk inside the building.



Wednesdays
8:30 AM-9:00 AM

Puzzle Table

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



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!

September 18th
3pm-5pm

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

September 15, 2025 Manzano
Mesa Multigenerational Center
501 Elizabeth SE, 87123



Friendship Coffee

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

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



SEPTEMBER

**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
CLOSED 1	2	3	4	5
	Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	Green Chile Vegetable Posole 4oz Carrots 4oz Cornbread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	Beef Tips w/ Gravy 3oz Bowtie Pasta 4oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8	9	10	11	12
Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15	16	17	18	19
Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	Chili Bowl 4oz Succotash 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 	Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22	23	24	25	26
Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



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.

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

Santa Barbara Martineztown
Multigenerational Center
After School Camp
1825 Edith Blvd Ne 87102
505-767-5671



After School Program
Ages 5 Years old to 13 Years old.

Schools Providing for:
Jefferson Middle School
(Van pick up to Center)
and
Lew Wallace Elementary School.
(Van Pick Up to Center)

Fees
\$20.00 Membership Fee
Plus a \$15.00 Monthly Fee Per Child

Hours of After School Program
3:00pm-6:00pm



SCAN HERE

ONE
ALBUQUE
RQUE senior affairs



29th Annual
PRIME TIME
MONTHLY MAGAZINE
50+
EXPO

Don't miss...

The Largest Health Fair in New Mexico!

- Free Event -
Wednesday, October 8th 2025!
8:30AM - 1PM at Embassy Suites (Lomas & I-25)

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Free Health Information and Screenings • Free Flu Shots Live Entertainment • Giveaways and Much More!

BROUGHT TO YOU BY
PRESENTING SPONSOR



AND



Call 505-242-2428 or Visit PrimeTimeNM.com

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



**Barelas
Senior Center
Fiesta**



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

**5 SEPTEMBER
2025**

**9 am -
3 pm**

714 Seventh St SW 87102

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United
Healthcare

ENGAGE
with Senior Affairs