

September 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 the Santa Barbara Center. There is truly something for everyone, so grab a friend and come join our vibrant 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: Every day of the week except Wednesdays.
- Zumba Fitness: Mondays, Tuesdays, and Fridays.
- Painting Class: Every Thursday.

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:

- 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
- Estate Planning Classes: Hosted at our neighboring centers, these sessions will help you navigate future planning with confidence.
- Flip to the next page of 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

Important Information

Labor Day

Closure

Monday,

September 7

All Senior Affairs
centers will be
closed.



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

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.



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



Santa Barbara Martineztown!

Free 1-on-1 Tech Help with Teeniors!

Monday, September 14 | 2-4p

(2:00pm and 3:00pm time slots)

RSVP Required: Bring your phone, tablet or laptop and list of questions!

RSVP with from desk: (505) 767-5671

Santa Barbara-Martineztown
1825 Edith NE | Albuquerque, NM 87102

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:



Thursday, September 24 | 8:30–9:30 a.m.
Los Volcanes Senior Center

Join us for some coffee with the Director!

Advisory Council Meeting



Monday, September 21 | 12–1 p.m.
North Domingo Baca Multigenerational 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.

September 18, 2026 2:00PM– 4:30 PM
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
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-Gentle
Billiards
Zumba-Gold

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
1:00 PM-3:00 PM
3:45 PM-4:45 PM



Tuesday

TV Viewing
Friendship Coffee
Ping Pong
Computer Lab
Puzzle Table
Tech Help Tuesday
Yoga-All Level
Chair Yoga-Coming Soon!!!
Line Dancing
Billiards
Zumba-Gold

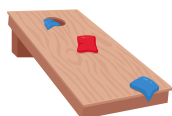
8:00 AM-5:00 PM
8:00 AM-2:00 PM
9:00 AM-11:00 AM
8:00 AM-3:00 PM
8:00 AM-4:45 PM
8:00 AM-4:45 PM
9:00 AM-10:00 AM
10:15 AM-11:15 AM
1:00 PM-2:00 PM
1:00 PM-3:00 PM
3:45 PM-4:45 PM



Wednesday

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

8:00 AM-5:00 PM
8:00 AM-2:00 PM
8:00 AM-3:00 PM
8:00 AM-12:00 PM
9:00 AM-11:00 AM
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
1:00 PM-3:00 PM
1:00 PM-4:00 PM
1:30 PM-2:30 PM
2:00 PM-4:00 PM



Weekly Activity

Thursday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga-All Level
Crochet Group
Art Class
Friendships/Relationships (AM)
Friendships/Relationships (PM)
Billiards
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
12:00 PM-2:00 PM
10:00 AM-12:00 PM
12:30 PM-2:30 PM
1:00 PM-3:00 PM
2:00 PM-3:00 PM



Friday

TV Viewing
Friendship Coffee
Computer Lab
Puzzle Table
Yoga
Karaoke
Sweedish Weaving
Billiards
Card Game Time
Zumba-Gold

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

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,
Sept. 2nd

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 loves to
line dance or wants to learn line dancing!

Crochet Group: That Darn Yarn

Thursdays

10:00 AM-11:30 AM

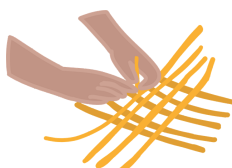
NEW DAY COMING SOON



Swedish Weaving

Fridays

12:30 PM-3:30 PM



Building Friendships and Relationships: Supporting Individuals with Intellectual Disabilities



Cost: Varies

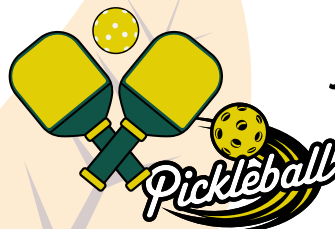
Wednesdays

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 idools!

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



Chair Yoga-

Starts Sept. 8th

Instructor: Amy

Tuesdays

10:15 AM-11:15 AM

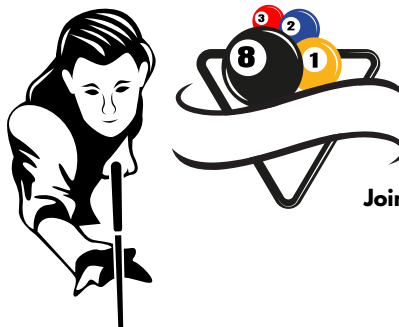


Karaoke

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

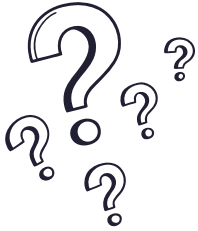
1:00 PM-3:00 PM

Join us for some Billiards with out
new pool table!!

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 summer season every Wednesday!

Note: if inclement weather occurs we can walk inside the building. **Wednesdays**
8:30 AM-9:00 AM



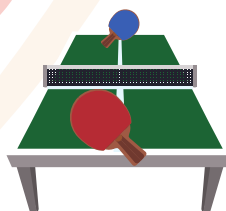
Puzzle Time

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



Ping Pong

Tuesdays
9:00 AM-11:00 AM



Glass Working

1:00 PM-4:00 PM

Come join us for some fuse glass fun.

All skill levels welcoms.

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!



Wednesdays
10:00 AM-12:00 PM

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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SEPTEMBER

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-

50-55
\$7.67
55-59
\$5.00
60 AND UP
\$2
(DONATION)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef 4oz Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese 4oz w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 LABOR DAY	8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ 4oz Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	10 Pasta Primavera w/ 4oz Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	11 Chile Bowl /Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
14 Meatloaf w/ 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ 4oz Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	16 Lemon Pepper Pollock 3oz Buttered Noodles 4oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	24 Anti-Inflammatory Enchiladas (Green Chile, 4oz Squash, Cheese & 2ea Corn Tortillas) 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
28 Green Chile Chicken 4oz 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 1ea Cheeseburger 4oz Diced Potatoes 4oz Steamed Broccoli 4oz 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.

30th ANNUAL PRIME TIME 50+ EXPO

Tuesday, October
20th 2026!
8:30AM - 1PM at the

NEW LOCATION!

Museum of Natural
History & Science

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



30 Years!

- FREE EVENT -

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

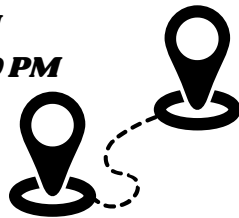
Bigger, Better, and Now at the Newly Renovated
Museum of Natural History & Science!

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

Brought to you by Presenting Sponsor



Prime Time Expo Trip
Van ride to and from
Museum of Natural History Museum
Check in: 8:00 AM
Leave Center: 8:15 AM
Depart to Center: 1:00 PM
Sign up at the
front desk!



**SIGN UP
NOW**



YOU HAVE THE POWER TO PREVENT A FALL

FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and
CNM will conduct falls risk screenings including strength and
balance tests, foot health, medication review, home safety

vision, and more. Learn how to get up from the floor. Each
participant will receive a personalized falls risk report and
education on how to reduce the chances of a fall.

When

Friday, September 18, 2026
8:30am to 12:00 pm

Where

North Domingo Baca
Multigenerational Center
7521 Carmel NE
Albuquerque, NM 87113



ONE
ALBUQUE
senior affairs

Brought to you by the City of Albuquerque Department of Senior Affairs Sports &
Fitness Program, New Mexico Adult Falls Prevention Coalition, University of New
Mexico Health Sciences Center, OASIS Albuquerque, and New Mexico Department of
Health. For more information about Falls Prevention, go to ncoa.org/FallsPrevention.

Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am – 2:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St. SE

Questions? Call 505-275-8731



Applications Open:
August 3, 2026, 8:00 am
Applications Close:
August 28, 2026, 5:00 pm

Vendor applications will be available
beginning August 3 on the Senior
Affairs Events webpage and at any
Senior or Multigenerational Center.

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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!

