

Barelas Senior Center



Director
Anna M. Sanchez



714 Seventh St SW
Albuquerque, N.M 87102
505-764-6436

www.cabq.gov/seniors

Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast and AARP, AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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

Activities

Arts and Crafts

Ceramics - Mondays & Wednesday 9:00 am - Noon
Retablos- Tuesday 9:00 am - 11:30 am
Tin - Tuesday 1:00 pm - 4:00 pm
Beginning Acrylic Painting - Tuesday 9:00 am - Noon
Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM
Crochet with Rafaelita- Thursday 10:30 am - 1:00 pm

Dance/Exercise

Line Dance- Beginner Wednesday 9:00 am - 10:00 am
Line Dance - High Beginner- Wednesday 10:15am - 11:15 am
Line Dance- Intermediate - Friday 9:30 am - 11:00 am

Cards & Games

Billiards

Board Games and Puzzles
Monday-Friday 8:00 am - 5:00 pm
Bingo - Tuesdays 2:00pm - 4:15 pm

Exercise

Pilates- Mondays 8:30 am - 9:30 am
Pickleball - Monday 1:30 pm - 3:30 pm
Senior Aerobics - Tuesday 10:00 am - 11:00 am
Senior Aerobics - Thursday 2:30 pm - 3:30 pm
Yoga - Thursday 9:00am-10:00 am
Tai Chi for Health -Thursdays 1:15 pm - 2:15 pm

Garden

On going garden activities

Language

Italian - Thursdays 1:30 pm - 2:30 pm

Dance to Live Music



\$3/person

Fridays

1:30 pm - 4:00 pm

April 1st

Paul Pino & The Tone Daddies

April 8th

La Raza

April 15th

No Dance

April 22nd

Desert Springs

April 29th

Chili Bean Express





Do you need help with your computer or smart phone?

Amy Biehl Students will be here to give one on one help to seniors.

Thursday, April 14th

1:00 pm - 3:00 pm



Trips

A minimum of three people must sign up for weekly trips in order for the van to depart.

Gutierrez-Hubbell House

Thursday, April 7 th

Check In: 9:30 am - Return 2:00 pm

Walmart

Monday, April 4th & 18th

9:30 am - 11:30 am

Santa Fe Market

Saturday April 16th

Check In 8:00 am - Return 4:30 pm

AARP Smart Driver

This four hour class provides techniques for coping with change in vision, hearing & reaction time, along with the rules of the road. Anyone 50+ may take this class & may receive a discount on insurance premiums.

Cost:\$20 for AARP Members \$25 for non-AARP Members

(Checks or Money Orders Only Accepted. NO CASH)

Sign Up at the front desk or call 505-764-6436

Scheduled the third Wednesday of every month, 12:30 pm - 4:30 pm



Senior Citizen's Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.

Please call 265-2300 for more information and to schedule an appointment for

Thursday, April 14th

10:30 am - 12:30 pm

Power of Attorney Workshop

Friday April 22nd

10:00 am - 12:00 pm

Sign up at the front desk

GEHM Clinic

Wednesday, April 20th

8:30 AM - 11:00 AM

Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.

Oscar Movies Winners



Cruella

Wednesday, April 13th

1:15 pm



King Richard

Wednesday, April 27th

1:15 pm



Earth Day

Come celebrate Earth Day with us!
Plant & tree give aways
Friday, April 22nd
10:30 am - 11:30 am



Barelas Open House Happy Hour

Come join us for music, dancing, & fun!
Bring a non-member new friend, & you and your friend get in free!

Music by Impresion

Light refreshments & mocktails served
Wednesday, April 20th
1:30 pm - 3:30 pm
\$2



April Birthday Celebration

Come enjoy a piece of cake and great company!
Tuesday, April 19th 1:00 pm
Sponsored by Oak Street Health



FREE COVID-19 & Flu Vaccine Shot Clinic

All Ages Welcome, Walk-Ins Accepted
No insurance required - Please bring COVID-19 vaccination card for booster update. If applicable please bring your Medicare Part B Identification Card

Tuesday, April 26th
9:00 am - 12:00 pm



Encuentro Presenta en Manzano Mesa

Talleres interactivos en espanol presentados por educadores comunitarios de salud
El Plato Comer Saludable jueves, 7 de abril de 9:30 – 11:00 am
Mi Plato para la Diabetes martes, 26 de abril 9:30 - 11:00 am (North Valley)
Como Comer Saludable para el Corazón Viernes, 29 de abril de 10:00 - 11:30 am
Mi Plato para la Diabetes martes, 24 de mayo de 1:30 - 3:00 pm
Regístrese hoy en la recepción, transportacion disponible desde todos los centros.



Garden Planning Meeting

Interested in gardening this year at Barelas? Join gardeners for a planning meeting . Grow fresh vegetables, fruit, and flowers. Enjoy the fresh air and sunshine and share the joy with other seniors.

Wednesday, April 6th
10:00 am - 11:30 am



Advisory Council meeting
Barelas Senior Center – 714 7th St. NW, 87102
April 18, 2022
Noon-2:00 pm