

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

CENTER STAFF

Julio Santiesteban
Center Manager

Janelle Apodaca
Program Coordinator

Catherine Romero
Office Assistant

Evelyn Ulibarri
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide

Fall Prevention

Preventing falls is very important to your health. Come learn some great tips on fall prevention and enjoy some light refreshments.



Barelas
Wednesday, August 9th
10:00 am - 12:00 pm



Ice Cream Social

Cool off with a yummy root beer float and enjoy some good company!

Barelas
Friday, August 25th
1:00 pm - 2:00 pm



Sponsored by



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 - 12:00 pm
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm
 Crochet with Rafaelita- Thursday 10:30 am -1:00 pm
 Art Meditation - Monday 10:00 am - 11:00 am



Dance/Exercise

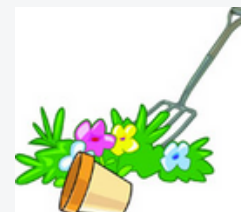
Line Dance- Beginner - Wednesday 9:00 am - 10:00 am
 Line Dance - High Beginner- Wednesday 10:15 am - 11:15 am

Cards & Games

Billiards
 Cards, Games, and Puzzles
 Monday-Friday 8:00 am - 5:00 pm
 Bingo - Tuesday 2:00 pm - 4:15 pm

Exercise

Pilates- Monday 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-**CANCELLED for August**
 Yoga - Thursday 9:00 am - 10:00 am
 Tai Chi for Health - **CANCELLED for August**



Garden

Greenhouse Garden Gathering Monthly Meeting
 3rd Monday of the month August 21st 11:00 am - 12:00 pm

Language

Italian - Thursday 1:30 pm - 2:20 pm
 Conversational Spanish - Wednesday 1:00 pm - 2:00 pm
 Beginner Spanish - Wednesday 2:15 pm - 3:15pm

Dance to Live Music



\$3/person

Fridays

1:30 pm - 4:00 pm

August 4th
August 11th
August 18th
August 25th

Paul Pino & The Tone Daddies
Amistad
Desert Springs
La Raza



Trips

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

Telephone Museum of NM

Wednesday, August 9th

Check In: 9:40 am Return 12:30 pm

\$4 fee

Lunch Reservations



Walmart

Wednesday, August 30th

Check in: 9:15 am Return 11:30 am

Harvey House & Belen Tour

Wednesday, August 23rd

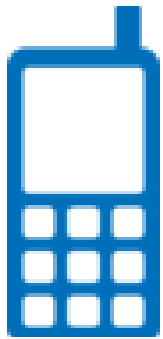
Check in: 10:45 am Return 4:30 pm

Lunch at your own expense

Do you need help with your cell phone, tablet or computer?

Amy Biehl students will be here to give one on one help for all your IT needs.

Sign up at the front desk.



Barelas

Thursday, August 10th

12:30 pm - 2:30 pm



Medicaid for Long-term Care Presentation

Reduce or eliminate your healthcare costs with Long-Term Care Medicaid. Learn how you can qualify for Institutional Care or the Medicaid Waiver to pay for your care at a nursing home, assisted living facility, or at your own home. Join, the Health Care Director of the Senior Citizens' Law Office for a presentation on Long-Term Care Medicaid.



Barelas

Wednesday, August 16th

10:00 am - 11:30 am

Are you ready for a new summer look?

Aveda Institute students are offering new summer haircuts for only \$5. Limited spots available.

Sign up at the front desk.

Barelas

Wednesday, August 16th

9:15 am

Must sign up by the morning of August 7th

**Tips appreciated*



Senior Citizen Day

Our seniors are the best! We are celebrating our cool seniors with some cool treats and listening to some great oldies music.



Barelas

Tuesday, August 22nd

1:00 pm - 2:00 pm



Senior Citizen's Law Office

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

Schedule an appointment at the front desk or call 505-764-6436.

Thursday, August 10th

10:30 am - 12:30 pm



August Birthday Celebration

Come enjoy a piece of cake and celebrate our August birthdays!

Tuesday, August 15th

1:00 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 AAARP Members \$25 for non-AAARP 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



Movies Days

Book Club:

The Next Chapter



Wednesday, August 9th

1:15 pm

Rated PG-13

Ghosted

Wednesday, August 23rd

1:15 pm

Rated PG



GEHM Clinic

Wednesday, August 16th

8:30 AM - 12:00 PM

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.

Advisory Council Meeting

No Meeting in August