

# Barelas Senior Center



Director  
Anna M. Sanchez



714 Seventh St. SW  
Albuquerque, N.M 87102  
505-764-6436  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,  
Anna Sanchez, Director

## Let's Trim the Tree

**Come enjoy good company and a fun time as we decorate the tree. Warm up with some hot chocolate and enjoy some sweet treats!**

**Barelas**

**Tuesday, December 5th**

**9:00 am - 10:30 am**



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

### CENTER STAFF

**Julio Santiesteban**  
Center Manager

**Janelle Apodaca**  
Program Coordinator

**Catherine Romero**  
Office Assistant

**Johanna Rodriguez**  
Program Assistant

**Laura Baca**  
General Service Worker

**Jose Olivas**  
Cook

**Cynthia Garcia**  
Kitchen Aide



# 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 10:30 am - 11:30 am



## Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am  
 Line Dance - Improver- 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 9:30 am - 10:30 am  
 Pickleball - Monday 1:30 pm - 3:30 pm  
 Senior Aerobics - Tuesday 10:00 am - 11:00 am  
 Yoga - Thursday 9:00 am - 10:00 am  
 Tai Chi for Health - **Thursday, December 7th 1:15 pm - 2:15 pm**



## Garden

Greenhouse Garden Gathering Monthly Meeting  
 3rd Monday of the month December 18th 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**

**December 1st**  
**December 8th**  
**December 15th**  
**December 22nd**  
**December 29th**

**Amistad**  
**Desert Springs**  
**La Razas**  
**No Dance**  
**No Dance**



## **Trips**

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

### **Old Town Holiday Stroll**

Friday, December 1st

Check In: 4:00 pm Return 9:00 pm

Dinner at your own expense

### **Celebration of the Nativity**

Friday, December 8th

Check in: 11:00 am Return 3:00 pm

Lunch at your own expense

### **NM Military Museum**

Wednesday, December 13th

Check In: 9:00 am Return 3:00 pm

Lunch at your own expense

**We will be CLOSED**  
**Monday, December 25th**  
**in honor of Christmas Day.**



**We will be CLOSED**  
**Monday, January 1st**  
**in honor of New Years Day.**



## **Holiday Luncheon**

Please join us for the Department of Senior Affairs  
Annual Winter Holiday Luncheon.

**Monday, December 25th**

**11:00 am - 1:00 pm**

Tickets are \$4 per person. Space is limited, please reserve your ticket  
in person at [Barelas Senior Center](#) beginning December 4th.

## **Landlord & Tenant Presentation**

Join Senior Citizens' Law Office to learn about the  
obligations and rights of landlords and tenants.

Note: the presenter will only be able to answer general  
questions, and cannot give personal legal advice.

**Barelas**

**Wednesday, December 6th**

**10:00 am - 11:00 am**

**Sign up at the front desk or call 505-764-6436**

## **Teeniors**

Teeniors will be here to work one on one  
with your technology questions. Sign up at  
the front desk or call 505-764-6436.

**Barelas**

**Wednesday, December 20th**

**3:00 pm - 5:00 pm**



## **Do you want a new look for the holidays?!**

Aveda Institute students are offering  
new holiday haircuts for only \$5.

Sign up at the front desk.

**Barelas**

**Wednesday, December 13th**

**9:15 am**

*\*Tips appreciated*



 AVEDA INSTITUTE

## **Senior Citizen's Law Office**

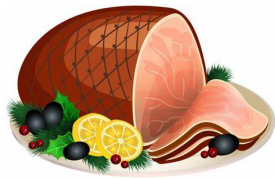
Provides general legal information. Divorces,  
wills and criminal issues are not included.

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

**Thursday, December 14th**

**10:30 am - 12:30 pm**





### Barelas Holiday Luncheon

Ham w/pineapple glaze, mashed potatoes, mixed vegetables, dinner roll, cherry cobbler & 1% milk.

**Friday, December 22nd**

**11:30 am - 1:00 pm**

Make your reservations on Thursday before 1:00 pm



### Come make snowflakes with us?

Come learn the art of cutting snowflakes with the talented Mr. Al. Learn a new skill and help fill our center with these beautiful pieces of art.

**Tuesday, December 5th & 12th & Thursday, December 7th & 14th**

**9:30 am - 10:30 am**



### Beginner Spanish Class

Begins Tuesday, January 9th

1:00 pm - 2:00 pm

Limited space. Sign up at the front desk



### Tiding & Tinsel Dance

Come celebrate a wonderful time of year with us!

**Music by La Raza**

**\$3**

**Friday, December 15th**

**1:30 pm - 4:00 pm**

FREE admission with a donation of 3 or more perishable items.



### Crotchet Class

New class starting January 9th

10:00 am - 11:00 am

Sign up at the front desk.



### December Birthday Celebration

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

**Tuesday, December 19th**

**1:00 pm**



### Manzano Day School Sings

Come be entertained by the 3rd graders from Manzano Day School. They will be singing and visiting during lunch.

**Barelas**

**Tuesday, December 12th**

**11:30 - 12:00**



 Oak St. Health

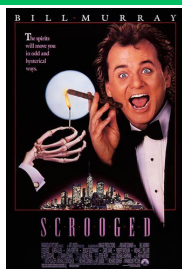
### Movies Days

#### Scrooged

Wednesday, December 13th

1:15 pm

Rated PG-13

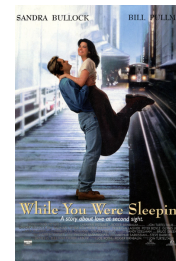


#### While You Were Sleeping

Wednesday, December 27th

1:15 pm

Rated PG-13



### GEHM Clinic

**Wednesday, December 20th**

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 this month.