

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

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Program Coordinator

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Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aid

Happy New Year!

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites.

To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit cabq.gov/seniors or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs





Activities

Arts and Crafts

Ceramics - Mondays & Wednesday 9:00 am - Noon

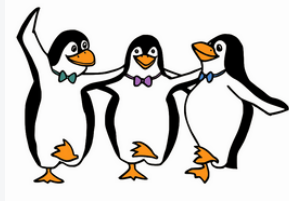
Retablos- Tuesday 9:00 am - 11:30 am

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



Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am

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

Line Dance- Intermediate - Friday 9:30 am - 11:00 am

Cards & Games

Billiards

Cards 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 (No class 1/24 & 1/31)

Senior Aerobics - Thursday 1:30 pm - 2:30 pm (No class 1/19 & 1/26)

Check with front desk for February Senior Aerobics classes

Yoga - Thursday 9:00 am - 10:00 am

Tai Chi for Health - Thursday, 1:15 pm - 2:15 pm

Garden

Ongoing garden activities

Language

Italian - Thursday **Cancelled until further notice**

Spanish - Wednesday 1:00 pm - 2:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

January 6th

Enchanted Four

January 13th

Impresion

January 20th

Tino's Band

January 27th

Chili Bean Express



Trips

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

Senior Forum Watch Party at North Valley

Thursday, January 5th
Check in: 8:40 am Return 1:00 pm
Lunch Reservations



Santa Fe NM Museum of Art

Wednesday, January 11th
Check In: 8:45 am - Return 6:00 pm
Lunch at your own expense

NM State Legislature Senior Day

Thursday, January 19th
Check in: 8:00 am Return 4:00 pm
Lunch at your own expense

Belen Matanza

Saturday, January 28th
Check in: 8:00 am Return 2:00 pm
\$20 Fee

GEHM Clinic

Wednesday, January 18th

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.

Pie Social

Come enjoy a slice of pie and some great company!

Tuesday, January 10th

1:15 pm

Sponsored by



 **PRESBYTERIAN**

New and Returning Gardeners

Join us for a gathering of *Barelas Senior Gardeners* with reviews, successes, snacks, and plans.

Wednesday, January 18th

11:00 am - 12:00 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.

Thursday, January 12th

10:30 am - 12:30 pm



Are you 55 or over and looking for a meaningful way to spend some time? The City of Albuquerque Senior Companion Program (SCP) Needs You!

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members. All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of 10 hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage and meal reimbursements, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

**Get involved. Stay active. Make a difference for someone in need.
Join SCP today. Call (505) 764-1007 for more information.**



**AmeriCorps
Seniors**

Las Voces de Coronado

Come listen to the coro, Las Voces de Coronado from Coronado Dual Language Magnet School.

**Friday,
January 27th
10:45 am**



Flu & COVID-19 Vaccine Shot Clinic

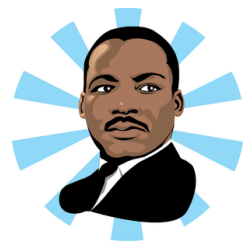
All Ages Welcome, Walk-Ins Accepted
No insurance required - Please bring
COVID-19 vaccination card for booster update. If
applicable please bring your Medicare card.

**Date to be Determined
Check with the front desk**

We are CLOSED
Monday, January 2nd
in honor of
New Years.
Happy New Year!!!



We are CLOSED
Monday, January 16th
in honor of
Martin Luther King Jr.
Day.



Senior Tech Help

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

We have three opportunities for help.



Wednesday, January 4th

9:00 am - 10:00 am

with

Adelante

Tuesday, January 10th &

Tuesday, January 24

10:00 am - 11:00 am

with Instructor

Steven

New Year, New You!

The new year is a great time to start new and healthy habits! Get moving and start a new journey at one of our

Sports and Fitness Centers!

Ask about locations at the front desk.



"Are you living with a chronic condition like diabetes, arthritis, pain, asthma, high blood pressure or heart disease?"

Join the FREE Chronic Disease Self-Management program (CDSMP). Let our trained workshop leaders assist you in building skills to help you manage your health. Family, friends, and caregivers are welcome to attend with you for free! Our next workshop will be IN PERSON at Barelvas Senior Center (714 7th Street SW Albuquerque, NM 87102) starting on January 18th and running for 6 weeks, every Wednesday, from 9AM to 11:30AM. The final workshop will be on February 22nd. Call the Wellness Referral Center at (505) 445-5332 to sign up! You may also sign up over the phone with Barelvas Senior Center at (505) 764-6436 OR Sign up in person at the center!"



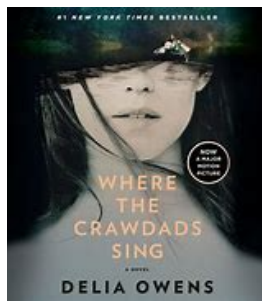
Movies

Where the Crawdads Sing

Wednesday, January 11th

1:15 pm

Rated PG-13



Father Stu

Wednesday, January 25th

1:15 pm

Rated R



January Birthday Celebration

Come enjoy a piece of cake and celebrate our January babies!

Tuesday, January 17th 1:00 pm

Sponsored by Oak Street Health



Advisory Council Meeting

Monday, January 23rd at noon

Los Volcanes Senior Center - 6500 Los Volcanes NW, 87121