

Barelas Senior Center



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

www.cabq.gov/seniors

Director
Anna M. Sanchez

Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am–12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting cabq.gov/seniors webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

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 - 1:30 pm

Dance/Exercise

Line Dance- Mid-Level Beginner Wednesday 9:00 am - 10:00 am
Line Dance I Intermediate- Wednesday 10:15am - 11:15 am
Line Dance- Starter - Friday 10:00 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



March 4th

Chile Beans Express

March 11th

Rhythm Divine

March 18th

Impresion

March 25th

Enchanted Four

Advisory Council meeting

North Valley Senior Center – 3825 4th St. NW, 871073

March 21, 2022

Noon-2:00 pm

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, March 22
9:00 am - 12:00 pm

Happy Mardi Gras!

Let's celebrate Fat Tuesday with some ice cream and toppings!

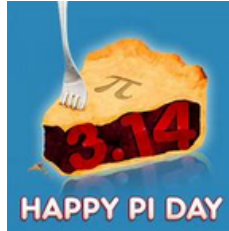
Tuesday, March 1st
1:00 pm - 2:00 pm



Pi Day! 3.14

Come celebrate Pi day!
Circle around and come enjoy a slice of pie with us!

Monday, March 14th
10:00 am - 11:00 am
.75 cents a slice



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, March 10th
10:30 am - 12:30 pm

St. Patrick's Day Luncheon

Come join us for a St. Patrick's tradition of Corned Beef and Cabbage.

Reservations Required
Thursday, March 17th
11:30 am - 1:00pm



March Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, March 15th 10:45 am

Sponsored by Oak Street Health



50+ SENIOR TECH CONNECT
APRIL 1, 2022 8:30am - 12:30pm
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

A chance for older adults to explore today's technology

Prizes & Fun
Refreshments
Demonstrations
Hands-on Learning

For more information call
(505)764-6475

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The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT is hosting a highly anticipated, free to the public technology fair geared towards older adults age 50 and older. The 50+ Senior Tech Connect Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. A special thanks to our event sponsors, AT&T and Internet Essentials from Comcast



Let's Welcome a Berry Wonderful Spring

Celebrate the beginning of Spring with Strawberry Pancakes!

Only \$1 per pancake.

Monday, March 21st, 8:00 am - 9:00 am



Trips

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

Mineral Museum in Socorro

Thursday, March 10th

Check In: 8:15 am - Return 4:00 pm

Walmart

Monday, March 7th & 21st

9:30 am - 11:30 am

Santuario de Chimayo

Wednesday March 30th

Check In 8:15 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

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



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, March 3rd

1:00 pm - 3:00 pm



GEHM Clinic

Wednesday, March 16th

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.

Spring and Musicals are in the air!

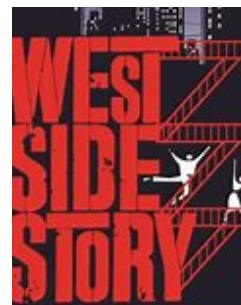
Come join us for two of the most current musicals!



Hamilton

Wednesday, March 9th

1:15 pm



West Side Story 2021

Wednesday, March 23rd

1:15 pm