

Barelas Senior Center



Director
Anna M. Sanchez



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Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual “A Senior I Know” Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year’s celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars “May the Fourth Be With You” Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the [Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm](#). Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque’s senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of [National Health and Fitness Day](#), the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on [Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens](#) for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque’s older adults and the impact they have made on our community!



Best,
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 1:30 pm - 2:30 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 (Will Resume May 19th)

Spanish - Coming soon! Starting June 1st

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

May 6th

La Raza

May 13th

Rhythm Divine

May 20th

Milagro

May 27th

Paul Pino & the Tone Daddies



CLOSED

Barelas Senior Center will be closed

Monday, May 30th

in honor of Memorial Day



El Camino Real Garden Blessing

Join garden club members & Sra. Tonita Gonzales y Las Curanderas to celebrate the age-old tradition of the blessing of our gardeners.

Music & light refreshments

Monday, May 16th 10:00 am - 11:30 am

Trips

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

Tarde de Oro

Thursday, May 12th

Check In: 12:30 pm - Return 3:30 pm

Ageless Artisan Craft Fair

Saturday, May 21st

Check in: 8:30 am Return : 12:30 pm

Hike to Old Town

Wednesday, May 18th

Check in: 9:30 am Return: 3:00 pm

National Senior Health & Fitness Day at ABQ Botanical Gardens

Wednesday, May 25th

Check In 8:30 am - Return 12:30 pm



Free Computer Learning Classes

10:00 am - 12:00 pm

Gone Phishing: Avoiding Scams Thursday, May 5th

Fact vs Fiction: What's real on the internet? Thursday, May 11th

Unsubscribe Me: How to Cancel or pause subscriptions Thursday, May 19th

Sign up at the front desk

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, May 12th

10:30 am - 12:30 pm

GEHM Clinic

Wednesday, May 18th

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.

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, May 12th

1:00 pm - 3:00 pm



Coco

Wednesday, May 4th

1:15 pm

Movies



42

Wednesday, May 18th

1:15 pm



Mother's Day Tea

Let's dress up, put on a hat, and have a spot of tea!
(A limited amount of hats to borrow will be available)

Light refreshments served

Friday, May 6th

10:00 am - 11:15 am



Celebrate National Senior Health & Fitness Day with Julio

Come join us for a fun dance exercise class with our talented manager, Julio!

Wednesday, May 25th

1:30 pm - 2:30 pm



May Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, May 17th 1:00 pm

Sponsored by Oak Street Health



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- Pre-registration encouraged to reserve your spot and expedite registration on event day. • Space is limited.
- Having Trouble Registering? Please dial 311 for assistance.

FREE 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 Part B Identification Card

Tuesday, May 24th

9:00 am - 12:00 pm



Cinco de Mayo!

Let's cut it up and enjoy a slice of life!

Join us for a piece of pie

Thursday, May 5th

10:00 am - 11:00 am

.75 cents



Sundaes, My Way

We are celebrating Older Americans Month!

The theme this year is, "Age My Way".

Come enjoy a sundae your way!

Tuesday, May 10th

1:00 - 2:00



AGE MY WAY: MAY 2022

BE BRAVE: with HEART

A fall recovery program proudly presented by Albuquerque Fire & Rescue.

Experience a dynamic 90 minute session of discussion & practice.

Tuesday, May 11th

10:00 am - 11:30 am Sign up at the front desk

Advisory Council meeting

Los Duranes Community Center – 2920 Leopoldo NW, 87104

May 16, 2022

Noon-2:00 pm