

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

Vacant
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide

Holiday Craft Market

Get some of your holiday shopping done at
our Holiday Craft Market!

Our crafty vendors will be selling a great
variety of original creations and wares.



Barelas
Thursday, November 30th
8:30 am - 12:30 pm



¡Música del Corazón!

presents

UNM Mariachi Lobo
Barelas Senior Center
Thursday 16 November 2023
12-1pm FREE ADMISSION



robbtrust.org

NM JOHN DONALD
ROBB TRUST

NM FINE ARTS

art by
Jim Vogel

National
Hispanic
Cultural
Center

guest curator
Enrique Lamadrid



Accredited by
**National Institute of
Senior Centers**



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 - 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, November 2nd 1:15 pm - 2:15 pm**



Garden

Greenhouse Garden Gathering Monthly Meeting
 3rd Monday of the month November 20th 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

November 3rd

Paul Pino & The Tone Daddies

November 10th

No Dance: Closed for Veterans Day

November 17th

Antonio y Los Unicos

November 24th

No Dance: Closed for Thanksgiving



Trips

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

Vladen Contempary Museum in Santa Fe

Wednesday, November 15th
Check In: 8:45 am Return 6:00 pm
Lunch at your own expense

Musica del Corazon at National Hispanic Cultural Center

Sunday, November 19th
Check In: 2:00 pm Return 5:30 pm

Que Sera Alpaca

Wednesday, November 29th
Check in: 9:30 am Return 3:30 pm
\$5 Fee
Lunch at your own expense

We will be CLOSED
Friday, November 10th
in honor of Veteran's Day

VETERANS
DAY



We will be CLOSED
Thursday & Friday, November 23rd & 24th
in honor of Thanksgiving.



Thanksgiving Luncheon

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

Thursday, November 23rd

11:00 am - 1:00 pm

Tickets are \$4 per person. Space is limited, please reserve your
ticket in person at Bear Canyon Senior Center beginning
November 1st.

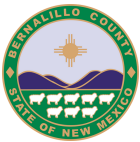
"Your Money Matters"

Bernalillo County Treasurer Nancy M. Bearce
will be on hand to answer all your property tax questions.

Barelas

Thursday, November 9th

8:30 am - 10:30 am



11th Annual Veterans Memorial Garden Celebration

Join us for our traditional Veterans recognition
celebration. This formal event takes place in our El Camino
Real Garden and is a wonderful way to honor all of our
Veterans past and present. This special and cherished
tradition is open to all. See the beautiful 16 foot star floral
Veterans Memorial Garden of red, white, and blue
maintained by volunteer seniors here at Barelas

Barelas

Wednesday, November 8th

9:30 am - 11:30 am



AGELESS ARTISAN CRAFT FAIR

November 18, 2023
9 AM - 1 PM

North Domingo Baca
Multigenerational
Center
7521 Carmel NE 87113

Just in time for holiday shopping!

Come shop and support our senior artists! Discover
unique, one-of-a-kind items such as tin art, wood
work, ceramics, photography, mixed media, jewelry,
and much more!

FEATURING

Arts & Crafts | Food Trucks | Live Music

cabq.gov/seniors

VETERANS DAY

SATURDAY, NOVEMBER 11TH 2023

New Mexico Veterans Memorial Park
1100 Louisiana SE Albuquerque, NM

10:00AM

Musical Prelude provided by
Dukes of Albuquerque Concert Band

11:00AM - 12:30PM

Ceremony



For further information, call (505) 768-4496



Do you want a new Fall look?!

Aveda Institute students are offering new Fall haircuts for only \$5.
Sign up at the front desk.

Barelas

Wednesday, November 15th

9:15 am

**Tips appreciated*



Barelas Thanksgiving Luncheon

Herb roasted turkey w/gravy, stuffing w/gravy,
Green bean casserole, Dinner roll, Pumpkin cake,
1% milk

Wednesday, November 22nd

11:30 am - 1:00 pm

Make your reservations on
Tuesday before 1:00 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, November 9th

10:30 am - 12:30 pm

Auto & Home Insurance Presentation

Learn what to do after an accident, when to
report a homeowners claim, what to have in
an emergency kit & much more.

Thursday, November 9th

10:30 am - 11:30 am

Sign up at the front desk



November Birthday Celebration

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

Tuesday, November 14th

1:00 pm



FREE Flu & Updated 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 I.D.

Barelas

Tuesday, November 28th

9:00 am - 12:00 pm



Jerry & Marge Go Large

Wednesday, November 8th

1:15 pm

Rated PG-13



Movies Days

No One Will Save You

Wednesday, November 29th

1:15 pm

Rated PG-13



GEHM Clinic

Wednesday, November 22nd

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

Monday, November 20th at noon

Manzano Mesa Multigenerational Center: 501 Elizabeth SE, 87123