



Director  
Anna M. Sanchez



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

## The Haunted Halloween Hop

Shake off the cobwebs, put on your best spooky attire, and come get your bones dancing at our Haunted Halloween Hop! Come in FULL costume and you get in FREE!



**Barelas**

**Friday, October 27th**

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

**\$3**

**Music by Chili Beans Express**

Light refreshments



## Congratulations!

**Big congratulations to Thomas Lujan for his 1st Prize win at the 2023 State Fair, for his tin punched cross.**

**Thomas is very active at several of our centers and part of the RSVP Advisory Council. Thomas participates in the Tin Punching class at Barelas on Tuesday's at 1:00 pm - 4:00 pm.**

**Come check out the class if you would like to learn more.**



# 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

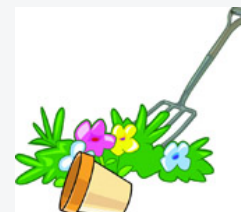
Line Dance- Beginner - Wednesday 9:00 am - 10:00 am  
 Line Dance - Improver- Wednesday 10:15 am - 11:15 am

## 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  
 \*Senior Aerobics - Thursday-**CANCELLED for October**  
 Yoga - Thursday 9:00 am - 10:00 am  
 Tai Chi for Health - **Thursday, October 5th 1:15 pm - 2:15 pm**



## Garden

Greenhouse Garden Gathering Monthly Meeting  
 3rd Monday of the month October 16th 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**

**October 6th**  
**October 13th**  
**October 20th**  
**October 27th**

**La Raza**  
**De Luz**  
**Amistad**  
**Chili Beans Express**



# Trips

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

## Prime Time 50+ Expo

Wednesday, October 11th

Check In: 8:00 am Return 1:30 pm

## Balloon Launch at North Domingo Baca

Tuesday, October 10th

Check In: 6:10 am Return 10:00 am

Breakfast at your own expense

## Jemez Mountains

Monday, October 16th

Check in: 8:15 am Return 5:00 pm

Bring a sack lunch

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

Any Biehl students will be here to give one on one help for all your IT needs. Sign up at the front desk.



### Barelas

Thursday, October 26th

12:30 pm - 2:30 pm



## We will be CLOSED Monday, October 9th in honor of



**The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season! The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations! Please see the front desk for a list of items needed. Donations may be dropped off at any CABQ Senior or Multigenerational Center until November 3.**



## Craft Vendors Wanted

Barelas will be hosting a Holiday Craft Fair on **Thursday, November 30th**. We are seeking vendors with **handmade or artisan items**. Tables are only \$3. Reserve your table today by signing up at the front desk or calling 505-764-6436.



## Estate Planning

Join the Senior Citizens' Law Office for an Estate Planning\* Presentation. Topics will include powers of attorney, advance directives, Wills, and transferring assets without probate. Note: the presenter will only be able to answer general questions, and cannot give personal legal advice.

### Barelas

Wednesday, October 11th

10:00 am—11:30 am

Sign up at the front desk



## Treats with No Tricks

Save the tricks for the kids we want treats!

Come join us for Treats without any Tricks.



### Barelas

Tuesday, October 31st

1:00 pm - 2:00 pm



## 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, October 18th

9:15 am

*\*Tips appreciated*



## Senior Garden Classes

Join our garden team to learn how to plan, develop, and maintain a home or community garden. Barelas Garden has been thriving for 10 years.

Come learn with us!

Wednesday, October 4th &

Wednesday, October 18th

1:00 pm - 3:00 pm

Sign up at the front desk



## 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, October 12th

10:30 am - 12:30 pm



## Geriatric Massage

Would you like to get a gentle massage that is specifically made for seniors? Geriatric Massage can help improve circulation & posture, reduce stiffness & inflammation.

Monday, October 23rd

10:00 am - 3:00 pm

Sign up at the front desk for an appointment and get more information.

## October Birthday Celebration

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

Tuesday, October 17th

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

Thursday, October 26th

9:00 am - 12:00 pm



## A Million Miles Away

Wednesday, October 11th

1:15 pm

Rated PG



## Movies Days

### Date Night

Wednesday, October 25th

1:15 pm

Rated PG-13



## GEHM Clinic

Tuesday, October 17th & Wednesday, October 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.

## Advisory Council Meeting

Monday, October 16th at noon

Senior Information & Assistance Line Office-1620 1st St. NW, 87102