

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance through our home services department.
- 38,944 transportation rides for older adults through our senior transportation services.
- 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
- 293,103 community members that participated in socialization programming through senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



26TH ANNUAL
PRIME TIME
50+
EXPO
FREE EVENT

OCTOBER 11TH 2022
8AM TO 1:30PM
EMBASSY SUITES
1000 WOODWARD PL NE,
ABO, NM 87102 (LOMAS & I-25)
Free Health Screenings,
Entertainment and Much More!
Call 505-242-2428 For More Information

Brought to you by:

IMA CLINICAL RESEARCH
OPTUM
Humana

Prime Time 50+ Expo
Tuesday, October 11th
8:00 am - 1:30 pm
Transportation Provided
Sign up at the front desk

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.

ONE
ALBUQUE
RQUE



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 - 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
 Cards 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 - Wednesdays 1:00 pm - 2:00 pm

Dance to Live Music



\$3/person

Fridays

1:30 pm - 4:00 pm

September 2nd
September 9th
September 16th
September 23rd
September 30th

Tino's Band
Chili Bean Express
Enchanted Four
La Raza
De Luz



Trips

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

Que Sera Alpaca Farm

Wednesday, September 7th

Check in: 10:00 am Return 3: 30 pm



NM State Fair

Monday, September 12th

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

Moriarty Pinto Bean Fiesta

Saturday, September 17th

Check In: 8:00 am - Return 3:30 pm

Blue Cross Blue Shield of NM Care Van at North Domingo Baca

Wednesday, September 28th

Check in 8:30 am - Return 2:00 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, September 8th

10:30 am - 12:30 pm



GEHM Clinic

Wednesday, September 21st

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.



AARP® Smart Driver TEK

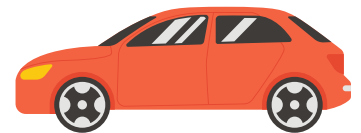
Technology is changing the driving experience! The Smart Driver TEK Workshop will keep you in the know about the latest high-tech safety features in your current or future car. Learn with your peers about Blind Spot Warnings, Forward Collision Warnings, Smart Headlights and more in a FREE, interactive, 90-minute workshop. Space is limited. Register now at www.aarp.org/sdtekinperson or call 1-877-805-4115



Barelas

Wednesday, October 5th

10:00 am - 11:30 am



Falls Risk Screening Event

This FREE screening event includes strength and balance tests, home safety education, shoe fit clinic, and education on how older adults can improve their balance and decrease the chances of a fall.

September 23, 2022 | 8am-12pm

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE 87110

For more information, call 505-880-2800

**WE WILL BE
CLOSED** 
LABOR DAY

**Monday
September 5th**



Grandparents Day

It's time to celebrate grandparents! Grandparents are the bees knees! Grandparents, come have a cool coke float on us!

Tuesday, September 13th

1:00 - 1:30 pm



September Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, September 20th 1:00 pm

Sponsored by Oak Street Health



Computer Lab

The computer lab is now opened for your searching needs.

Hours: 8:00 am - 2:00 pm

*Please follow computer lab policy.

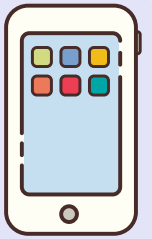


Need help with your phone, tablet, or computer?

Any Biehl Students are here to help, one on one with your tech needs.

Thursday, September 15th

1:00 pm - 3:00 pm



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, September 20th

9:00 am - 12:00 pm



Catch Me If You Can

Wednesday, September 14th

1:15 pm

PG-13



Movies



Somethings Got to Give

Wednesday, September 28th

1:15 pm

PG-13

44th Annual New Mexico Conference on Aging Virtual Watch Party

Join us at one of our Senior Affairs streaming watch party sites to catch the Conference on Aging virtual workshops. Free breakfast, refreshments, giveaways and more! Transportation provided from senior centers to watch party locations. See front desk staff for information and to sign up.

Watch Party Locations: North Domingo Baca Multigenerational Center | North Valley Senior Center | Manzano Mesa Multigenerational Center

September 7-8 | 8am-4pm*

(Transportation schedule may vary)

Advisory Council Meeting

Monday, September 26th at noon

Highland Senior Center-131 Monroe NE, 87108