

Barelas Senior Center



Director
Anna M. Sanchez



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505-764-6436
www.cabq.gov/seniors

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Happy September!



After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.



We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,

Director Anna Sanchez



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 - High Beginner- Wednesday 10:15 am - 11:15 am

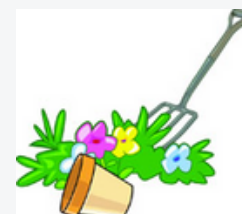
Cards & Games

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 September
 Yoga - Thursday 9:00 am - 10:00 am
 Tai Chi for Health - **Thursday, September 7th 1:15 pm - 2:15 pm**



Garden

Greenhouse Garden Gathering Monthly Meeting
 3rd Monday of the month September 18th 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

September 1st
September 8th
September 15th
September 22nd
September 29th

Milagro
Paul Pino & The Tone Daddies
Antonio Y Los Unicos
Chili Beans Express
Enchanted Four



Trips

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

NM State Fair

Monday, September 11th

Check In: 8:45 am Return 4:00 pm

Lunch at your own expense



Enchanted Trails Mini Tour & Lunch

Wednesday, September 27th

Check in: 10:00 am Return 1:30 pm

Lunch at your own expense

Pilates Class

Pilates class time is changing!

Pilates will now start at **9:30 am** starting **Monday, September 11th**.
Class will now be in the Social Hall..

**ATTENTION
PLEASE**



Monday, September 4th

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

Amy Biehl students will be here to give one on one help for all your IT needs.

Sign up at the front desk.

Barelas

Thursday, September 14th
12:30 pm - 2:30 pm



V.F.W. Post 10763 in partnership with the Department of Senior Affairs is hosting a food drive to collect and donate food to Roadrunner Food Bank.

Bring your non-perishable food items (items that do not require refrigeration) to one of the following centers:

Bear Canyon Senior Center
Barelas Senior Center
Highland Senior Center

Manzano Mesa Multi-generational Center
North Domingo Baca Multi-generational Center

September 1st through September 30th

Landlord-Tenant Law Presentation

Join Senior Citizens' Law Office to learn about the obligations and rights of landlords and tenants. Note: the presenter will only be able to answer general questions, and cannot give personal legal advice. Sign up at the front desk or call 505-764-6436.

Barelas

Wednesday, September 13th
10:00 am - 11:30 am



Senior Center Sock Hop

Put on your poodle skirt or grease up your hair and come dance with us as we celebrate our Senior Center with a fun Sock Hop.

Barelas

Wednesday, September 13th
1:30 pm - 3:30 pm

\$2

Music by Mr. Gil featuring Eva Torrez



Get ready for Fall!

Aveda Institute students are offering new Fall haircuts for only \$5.

Sign up at the front desk.

Barelas

Wednesday, September 20th

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!

Thursday, September 6th &
Wednesday September 20th

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, September 14th

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.



Wednesday, September 27th

10:00 am - 3:00 pm

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

September Birthday Celebration

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

Tuesday, September 19th

1:00 pm



Celebrating Grandparents

Grandparents are great & they deserve to be celebrated with a sweet sundae!

Barelas

Tuesday, September 12th

1:15 pm - 2:00 pm



Movies Days

Jesus Revolution

Wednesday, September 6th

1:15 pm

Rated PG-13



Dungeons & Dragons: Honor Among Thieves

Wednesday, September 27th

1:15 pm

Rated PG-13



GEHM Clinic

Wednesday, September 20th

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, September 18th at noon

CASA Kitchen - 2540 Karsten Ct. SW, 87102