

Barelas Senior Center



Director
Anna M. Sanchez



714 Seventh St. SW
Albuquerque, N.M 87102
505-764-6436
www.cabq.gov/seniors

CENTER STAFF

America Bencomo
Center Manager

Janelle Apodaca
Program Coordinator

Catherine Romero
Office Assistant

Johanna Rodriguez
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide

Earth Day

Join us to learn about composting and enjoy a hands-on tour of our community compost system. If you do not have space to compost at home, not to worry! There are other options, including participating in the community compost co-op. Come to the Gazebo, in the Community Garden across the street from the Barelas Senior Center main building, for an overview of composting and to see how the community compost co-op can help you put your food scraps to good use.

Attendees will receive a free plant, compliments of Senior Affairs.

Tuesday, April 22nd
10:30 am - 11:30 am



Chair Yoga

Take a break and join us for a gentle chair yoga class focusing on flexibility, range of motion, strength, balance, and tension release.

Starts Monday, April 21st
10:30 am



50+ SENIOR TECH CONNECT

A chance for older adults to explore today's technology

APRIL 11, 2025
8:30AM - 12:30PM

Prizes & Fun Refreshments
Demonstrations
Computer Classes
Hands-on Learning
No Registration Required
(505)764-6475

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

APRIL 11, 2025
8:30AM - 12:30PM

ONE ALBUQUQUE senior affairs
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TEENIORS
Scan to Learn More!
<https://www.cabq.gov/seniors/events>

ONE ALBUQUQUE senior affairs

Department of Senior Affairs

SENIOR EASTER PARTY

WEDNESDAY
APRIL 16
2-4 PM

Join us at Bear Canyon Senior Center for fun, games, music, a photo booth, hotdogs & other refreshments.

Sponsors:
Giving Home Health Care
Beehive Homes
Friends of Bear Canyon
Rio Metro
Oak St. Health

Decorated Bonnet Contest
(Submit your decorated Easter Bonnet the day of the event - Prize for Winner)



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



Art Meditation - Monday 10:30 am - 11:30 am
 Coloring Group - Thursday 12:30 pm
 Crochet w/Roland - Tuesday 10:00 am - 11:00 am
 Crochet w/Rafaelita - Thursday 10:30 am - 1:00 pm
 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
 Painting from the Heart - Wednesday 9:00 am - 11:30 am
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm



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 - 8:00 am - 5:00 pm
 Cards - 2:00 pm - 5:00 pm
 Games -Tuesdays & Thursdays 1:00 pm - 3:00 pm
 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 Cardio & Curls - Tuesday 9:30 am - 10:30 am
NEW Chair Yoga - Monday 10:30 am - 11:30 am **Starts 4/21**
 Yoga - Thursday 9:00 am - 10:00 am



Garden

Community Garden open Wednesdays, 9:00 am - 12:00 pm
Greenhouse Garden Gathering Monthly Meeting
 Wednesday, April 16th 11:00 am - 12:00 pm

Language

ESL - Thursday 2:15 pm - 3:15 pm
 Italian - Thursday 1:30 pm - 2:30 pm
 Spanish: Beginner - Thursday 1:00 pm - 2:00 pm
 Spanish: Beginner II - Tuesday 1:00 pm - 2:00 pm
 Spanish: Intermediate - Wednesday 2:15 pm - 3:15 pm
 Spanish: Intermediate II - Wednesday 1:00 pm - 2:00 pm



Learning

Conversations on the Bible - Wednesday 1:00 pm

Music

Beginner Guitar- Monday 1:00 pm - 2:00 pm
 Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm
 Guitar-Open Practice - Friday 1:00 pm - 2:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

April 4th

April 11th

April 18th

April 25th

De Luz

Latin Soul

No Dance

Milagro



Trips

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

S.W. Chocolate & Coffee Fest

Sunday, April 6th

Check In: 9:45 am Return 2:30 pm

Food at your own expense

Santa Fe National Cemetery on the Rail Runner

Wednesday, April 9th

Check In: 8:30 am Return 4:45 pm

Santuario de Chimayo

Thursday, April 10th

Check In: 8:15 am Return 4:30 pm

Lunch at your own expense

Senior Tech Connect at North Domingo Baca

Friday, April 11th

Check In: 8:15 am Return 12:00 pm

Senior Easter Party at Bear Canyon

Wednesday, April 16th

Check In: 1:30 pm Return 4:30 pm

Lunch Out on the Town: Hong Kong Buffet

Tuesday, April 22nd

Check In: 10:45 am Return 2:00 pm

Lunch at your own expense

Bible Study

Join us as we study the Bible, starting with the Gospel of John.

Mondays

9:30 am - 10:30 am



Senior Citizen's Law Office

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, April 10th

10:30 am - 12:30 pm



Manzano Day School

Come listen to the beautiful voices of children singing.

Thursday, April 10th

11:30 am - 12:00 am



Come Paint With Us!

Did you know that we have two great art classes that can teach you how to paint beautiful pictures taught by fine artists?

Come learn with us! Get information at the front desk.

Beginning Acrylic Painting

Tuesday 9:00 am - 12:00 pm

Painting from the Heart

Wednesday 9:00 am - 11:30 am



April Birthday Celebration

Come enjoy a sweet treat and celebrate our April birthdays!

Tuesday, April 15th

1:00 pm



National Take a Walk Day

It's Spring, it's April, it's a beautiful time to take a walk! Come take a short walk with us around the two parks, as we celebrate, National *Take a Walk Day*. Walking is so important for your health and if you do it with great company it makes it even better. Put on your walking shoes and join us!

Wednesday, April 2nd

10:00 am



Power of Attorney Workshop

Please join the Senior Citizens' Law Office for a Power of Attorney Presentation & Workshop. Both health care and financial powers of attorneys and cremation authorizations will be discussed and attorneys will assist seniors in completing the forms.

Please bring the names, phone numbers, and addresses of the people you would like to appoint as your agents for the powers of attorney. Please bring a photo id with you to the workshop.

Tuesday, April 22nd

10:00 am - 12:00 pm



AARP Smart Driver

This four-hour class provides techniques for coping with change in vision, hearing, & reaction time, along with the rules of the road. Anyone 50+ may take this class & may receive a discount on insurance premiums. Cost: \$20 for AAARP Members \$25 for non-AAARP Members (Checks or Money Orders ONLY Accepted. NO CASH) Sign up at the front desk or call 505-764-6436.

Adopt a Garden Bed



There are still a few garden beds available at the community garden. Get information at the front desk.

Free Ride!

Santa Fe National Cemetery



Sign Up at Front Desk



April 9, 2025 | May 14, 2025 | June 11, 2025



Free Tech Help: ABQ in April!

Albuquerque

Thurs. April 3 @ 3:00-5:00pm
North Domingo Baca Multi-Gen Center

Thurs. April 17 @ 3:00-5:00pm
Santa Barbara MartinezTown Multi Gen Center

Fri. April 4 @ 3:00-5:00p
Bear Canyon Senior Center

Mon. April 21 @ 2:00-4:00pm
Manzano Mesa Multi Gen Center

Tues. April 8 @ 3:00-5:00pm
Barelas Senior Center

Wed. April 23 @ 4:00-6:00pm
Highland Senior Center

Wed. April 16 @ 3:00-5:00pm
Palo Duro Senior Center

Fri. April 25 @ 1:00-3:00pm
North Valley Senior Center

RSVP with your center above, or contact Teeniors: (505) 800-1297 | teeniors@gmail.com
All are welcome - there are no stupid questions. Free and open to everyone!



Spring into a new look!

New season, new you! Aveda Institute students are offering fresh haircuts for only \$5.

Sign up at the front desk.

Wednesday, April 9th

9:45 am



***Tips appreciated**



ONE ALBUQUQUE senior affairs
SANTA BARBARA MARTINEZTOWN
MULTIGENERATIONAL CENTER PRESENTS:

Centenarian Birthday Celebration

April 10th, 2025

COME JOIN US FOR A CELEBRATION WITH THE LIVE BAND LA RAZA AND COME DANCE WITH US TO CELEBRATE A CENTURY OF BEING ALIVE!

RSVP WITH THE FRONT DESK AT 505-767-5671

ENTRY: FREE START AT 1:30 PM-3:00 PM

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER
1825 EDITH BLVD NE 87102
505-767-5671



It's Tax Day!

Let's celebrate Tax Day by having some popcorn.

Tuesday, April 15th

10:30 am



"I'm proud to be paying taxes in the United States. The only thing is - I could be just as proud for half the money." - Arthur Godfrey



Juror #2

Wednesday, April 9th

1:15 pm

Rated PG-13

Drama

Movies Days



Mufasa: The Lion King

Wednesday, April 23rd

1:15 pm

Rated PG

Adventure/Drama/Musical



GEHM Clinic

Tuesday, April 15th & Wednesday, April 16th

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

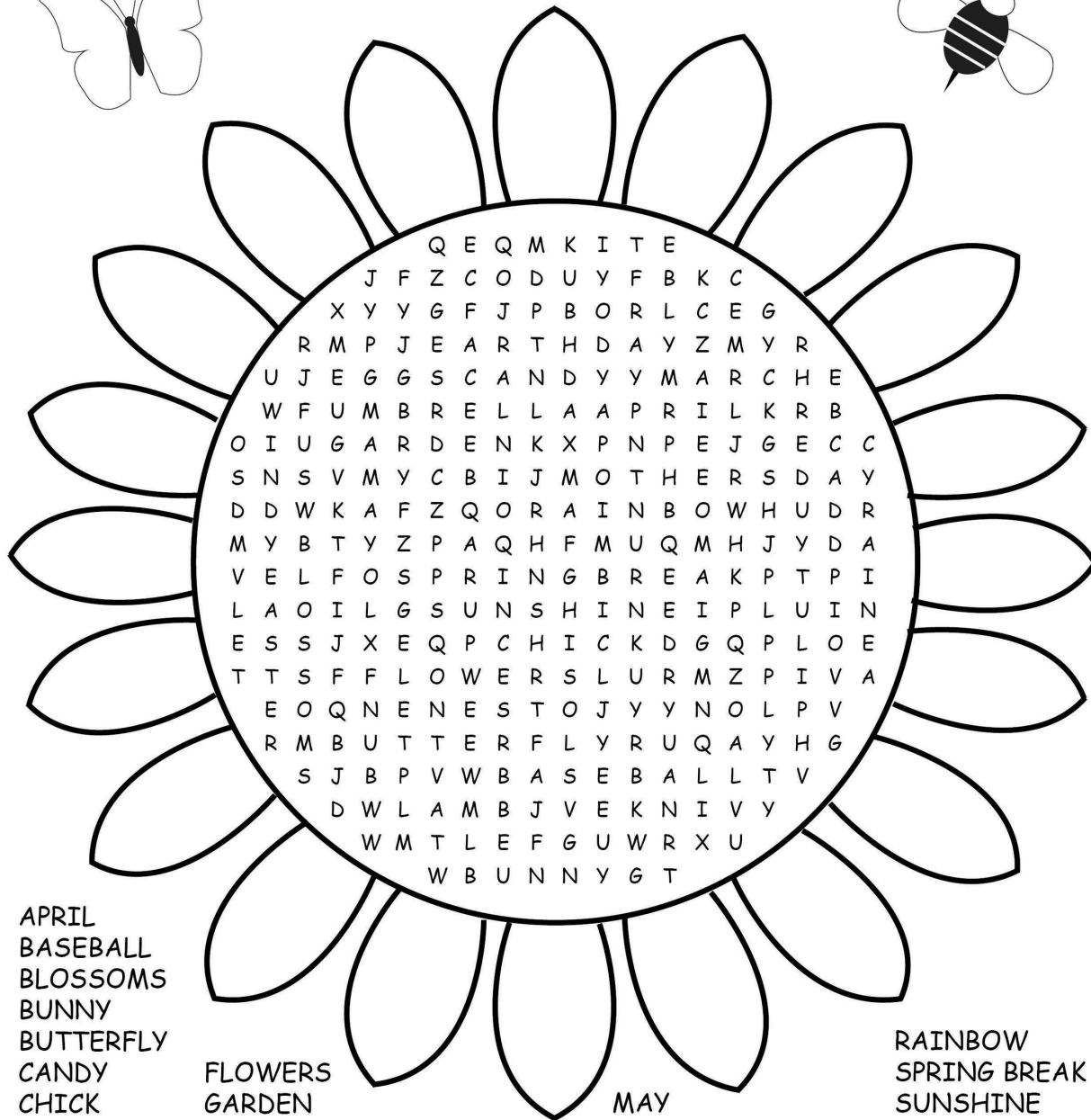
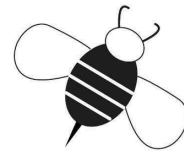
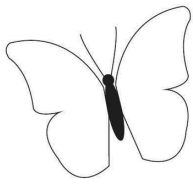
Monday, April 21st at noon.

North Domingo Baca Multigenerational Center-7521 Carmel Ave. NE, 87113

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>3</p> <ul style="list-style-type: none"> ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>4</p> <ul style="list-style-type: none"> ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz 
<p>7</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>8</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>9</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	<p>10</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>11</p> <ul style="list-style-type: none"> ♦ Breaded Cod 4oz Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 
<p>14</p> <ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>16</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>17</p> <ul style="list-style-type: none"> ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>18</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz 
<p>21</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>22</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ 1% Milk 8oz 	<p>23</p> <ul style="list-style-type: none"> ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>24</p> <ul style="list-style-type: none"> ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	<p>25</p> <ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 
<p>28</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<p>29</p> <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<p>30</p> <ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 

It's Spring Time!



APRIL
BASEBALL
BLOSSOMS
BUNNY
BUTTERFLY
CANDY
CHICK
EARTH DAY
EASTER
EGGS

FLOWERS
GARDEN
KITE
LAMB
MARCH

MAY
MOTHERS DAY
NEST
RAIN

RAINBOW
SPRING BREAK
SUNSHINE
TULIP
UMBRELLA
WINDY

There are three Sudoku rules:
Firstly, each row must contain the numbers 1-9 exactly once each.
Secondly, each column must contain the numbers 1-9 exactly once each.
Lastly, each 3x3 box must contain the numbers 1-9 exactly once each. That's it!

2				5	7			
							8	
4	1	6	2				7	
1	7	2	6					
	5	4		2		7	3	
					4	2	1	8
	4				2	8	9	5
	9							
			4	3				7