

Barelas Senior Center



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

www.cabq.gov/seniors

Director
Anna M. Sanchez

Hello,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well. Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

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 - Noon

Offbeat Artists- 1st & 3rd Friday

Dance/Exercise

Line Dance- Wednesday 9:00 am - 10:00 am

Line Dance I Intermediate- Wednesday 10:15am - 11:15 am

Cards & Games

Billiards

Board Games and Puzzles

Monday-Friday 8:00 am - 5:00 pm

Exercise

Pilates- Monday 8:30 am- 9:30 am

Yoga - Thursday 9:00am-10:00 am

August Programming

Tai-Chi for Health

Tai Chi for Arthritis and falls Prevention has been shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficiency, relieve depression and increase health-related quality of life.

Thursday starting August 5th

Eight Week course

1:15pm – 2:15 pm

Free

Presentations

Brave Presentation from the Albuquerque Fire Rescue

A dynamic discussion & practice session aimed at discussing the fear of FALLING and its affect on daily life.

Please wear secure shoes and layers.

Lt. Athena Valerio-Hirschfeld

August 25th

10:00-11:30

Free

Senior Law Office

Life Planning

A staff attorney from Senior Citizens Law Office will provide information on preparing for incapacity and end of life. Topics will include Power of attorney, Wills and Will substitutes. Note: the presenter cannot give personal legal advice, and can only answer general questions. Call 764-6436 to sign up

Wednesday, August 11

10:00 am - 11:30 am

Free



Dance to Live Music



August
August 6- After Midnight
August 13- De Luz
August 20- Paul Pino
August 27- Enchanted Four

Friday
1:30-4:15pm
\$3/person

Flea Market
with
Live Music: Jim's Nite Train
50's, 60's and NM Music
Thursday
8:30 am- 11:00 am
\$2/table

Bingo is back
Tuesday
2:00 pm - 4:00 pm

AARP Smart Driver
3rd Wednesday of the Month (Starting September 15th)
Limited space available
For details and to reserve your spot call 505-764-6436

Welcome back to activities at Barelás. As you may be aware our El Camino Real Gardens here at the center are in full bloom. You are invited to come tour our gardens and if interested you are invited to join our active garden club. Please contact our Garden Keeper, Patrick Turrieta for info. We have a very active schedule of activities planned for this summer!
Our motto is: "Gardening at El Camino Real Garden never gets old!"

Advisory Council Meeting
September 27
Noon-1:30pm
Highland Senior Center
131 Monroe NE 87108

Reservations required by 1:00 pm 24 hours in advance

Lunch is served 11:30 am- 1:00 pm

Call 764-6436



August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> ◆ Meatloaf W/ Tomato Gravy ◆ Roasted Red Potatoes ◆ California Blend ◆ Cupped Fruit ◆ Dinner Roll W/ Margarine ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Philly Cheese Steak ◆ Macaroni Salad ◆ Green Beans ◆ Hoagie Bun ◆ Cinnamon Apples ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Green Chili Chicken Enchilada ◆ Pinto Beans ◆ Spanish Rice ◆ Orange ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ 5 Cheese Tortellini W/ Marinara Sauce ◆ Garlic Bread Sticks ◆ Broccoli / Red Peppers ◆ Pudding ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Hawaiian Salmon W/ Pineapple ◆ Rice Pilaf ◆ Diced Beets ◆ Dinner Roll W/ Margarine ◆ Honey Dew ◆ 1% Milk 
9 <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Orzo W/ Fajita Blend ◆ Green Peas ◆ Pudding ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Cheeseburger W/ Mushrooms ◆ Pinto Beans ◆ Fries ◆ Hamburger Bun ◆ Banana ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Lime Fish Tacos ◆ Calabacitas ◆ Tortilla ◆ Cherry Cobbler ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Beef Tips W/ Gravy ◆ Spinach ◆ Sweet Potato ◆ Applesauce ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Normandy Blend ◆ Garlic Bread Stick ◆ Watermelon ◆ 1% Milk 
16 <ul style="list-style-type: none"> ◆ Omelet W/ Red Chile ◆ Stewed Tomatoes ◆ Tater Tots ◆ Cookie ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Spaghetti W/ Meatballs ◆ Green Beans ◆ Garlic Breadstick ◆ Cantaloupe ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Pork Chop W/ Brown Gravy ◆ Scalloped Potatoes ◆ Italian Blend ◆ Yogurt ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Pollock Fish W/ Tartar Sauce ◆ Mac and Cheese ◆ Green Beans ◆ Pears ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Chicken Stir Fry ◆ White Rice ◆ Baby Carrots ◆ Pineapple ◆ 1% Milk 
23 <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Brown Gravy ◆ Roasted Rosemary Potatoes ◆ Mixed Vegetables ◆ Apricots ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ BBQ Pork ◆ Buttered Corn ◆ Broccoli / Red Peppers ◆ Cookies ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Baked Seasoned Chicken ◆ Sweet Potatoes ◆ Green Beans ◆ Yogurt ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Fajita Blend ◆ Garlic Breadstick ◆ Orange ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Beef Stew ◆ Buttered Cabbage ◆ Crackers ◆ Peach Cobbler ◆ 1% Milk 
30 <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	31 <ul style="list-style-type: none"> ◆ Asian Beef Stir Fry ◆ Buttered Noodles ◆ Garlic Bread Stick ◆ Pineapple ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Green Beans ◆ Garlic Breadstick ◆ Strawberries ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Tater Tots ◆ Lettuce/Tomato/ Onion/Pickle ◆ Hamburger Bun ◆ Pear ◆ 1% Milk 

Revised 07/16/21