

Barelas Senior Center



Director
Anna M. Sanchez



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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

Summer Craft Fair

It's hot out there! Come cool off and shop with us!

We will have a great variety of handcrafted items made by our talented seniors.

Plus, you can shop our eclectic flea market.

Come find a new treasure!

Thursday, July 25th

8:30 am - 12:30 pm



Rockin in the USA Dance

Let's celebrate our country by dancing! Come join us for music by Peter Vigil & The All-Star Band

& light refreshments.

Friday, July 5th

1:30 pm - 4:00 pm

\$3 per person

Come create art for the Barelas Community

Working Classroom along with well-known artist Lisa Domenici, want our seniors to make mosaics and help plan public art for the Barelas Park. All supplies are provided, you don't need any experience, just a willingness to try! Come join us for this fun workshop and help beautify our community!

Wednesday, July 24th, Thursday, July 25th

& Friday July 26th

12:00 pm - 3:00 pm

Come for one session or all of them!

Sign up at the front desk or call 505-764-6436



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

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

Crotchet - Tuesday 10:00 am - 11:00 am

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



Garden

Visiting Hours:

Monday through Thursday 10:00 am - 12:00 pm

Greenhouse Garden Gathering Monthly Meeting

Wednesday, July 17th 11:00 am - 12:00 pm

Learning

History of the Bible- Wednesday 10:00 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

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



Language

Italian - Thursday 1:30 pm - 2:20 pm

Spanish: Beginner - Tuesday 1:00 pm - 2:00pm

Spanish: Beginner II - Wednesday 2:15 pm - 3:15 pm

Spanish: Intermediate - Wednesday 1:00 pm - 2:00 pm

Music

Spanish Acoustic Jam Session - Friday 10:30 am - 12:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

July 5th

July 12th

July 19th

July 26th

Peter Vigil & The All-Star Band

Milagro

Chili Beans Express

Enchanted Four



Trips

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

Lunch out on the town: Western View Steakhouse

Thursday, July 11th

Check in: 10:50 am Return 1:00 pm

Lunch at your own expense



Lunar Golf

Wednesday, July 17th

Check In: 9:30 am Return 1:30 pm

\$5 for two rounds of golf

Lunch at your own expense

Lunch & Mineral Museum in Socorro

Wednesday, July 24th

Check In: 9:50 am Return 4:00 pm

Lunch at your own expense

**We will be
CLOSED
Thursday,
July 4th
in honor of
Independence Day**



CLOSED

Barelas Senior Center will be **CLOSED**

August 5th - August 9th

along with Palo Duro, Highland, & Bear Canyon
Please visit Los Volcanes and North Valley while we
are closed.

Thank you!

Garden Help Needed

Our main garden could use help watering all the plants and flowers. If you could spare some time, we would greatly appreciate the help.



Contact the front desk for more info.

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-AARP Members (Checks or Money Orders ONLY Accepted. NO CASH)

Sign up at the front desk or call 505-764-6436

Scheduled the third Wednesday of every month, 12:30 pm- 4:30 pm



Senior Cardio & Curls



Come get a full body workout in this combination class. The first half of the class will focus on an aerobic workout and the second half will focus on weights and stretching. Come join us for half or all of it!

Tuesdays, 9:30 am - 10:30 am



History of the Bible

Are you interested in learning the history and facts of The Bible? This will be an open discussion on the book and not about belief or religion.

Starts Wednesday, July 10th

10:00 am

Who needs a new summer look?

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

Sign up at the front desk.

Barelas

Wednesday, July 24th

9:15 am

*Tips appreciated



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, July 11th

10:30 am - 12:30 pm





Spanish Acoustic Jam Session

Do you like playing or singing Spanish music?

We are starting a beginner friendly, traditional Spanish stringed instruments/acoustic guitar jam session. You may lead a song by singing, playing an instrument, or just play along!



Starting Friday, July 12th

10:30 am - 12:00 pm

July Birthday Celebration

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

Tuesday, July 16th

1:00 pm



Tech Thursday

Learn how to use Instagram and get a Facebook refresher. Bring your tech questions and get them answered live!

Thursday, July 25th

10:00 am - 11:00 am

televēda

Call 505-764-6436 to register.



Books for Grandchildren

Would you like free books for you to read to your grandchildren?

Read to Me provides free books every second Tuesday of the month at 11:30.

Come by and check them out!



Learn How To Donate Food Scraps

Learn how you can participate in Community Composting at the Barelvas Senior Center.



Wednesday, July 24th

9:30 am - 10:30 am

Fall Prevention

Come join us to learn about simple steps you can take to prevent falls.

Light snacks and refreshments are provided.

Thursday, July 18th

10:00 am



Is there a new class or group you would like to start at Barelvas?

Do you have a special talent you want to share?

Would you like to start a book club, have a jam session, or do arts and crafts? We are always looking for new leads for classes or groups

Contact Janelle if you want to help out or call 505-764-6436.



Movies Days

Hitman

Wednesday, July 10th

1:15 pm

Rated R



Unfrosted

Wednesday, July 24th

1:15 pm

Rated PG-13



GEHM Clinic

Wednesday, July 17th

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, July 15th 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
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana  ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	4 	5 ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk 
8 ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk 	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk 	10 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk 	11 ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk 	12 ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk 
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	16 ♦ Sweet & Sour chicken w/stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie  ♦ 1% milk	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk 	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk 
22 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk 	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk 	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk 	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk 	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew  ♦ 1% milk
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 