

Barelas Senior Center



Director
Anna M. Sanchez



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

CENTER STAFF

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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



WE ARE OPEN!

Barelas Senior Center **will** be open the week of
June 3rd - June 7th.



North Valley Senior Center, Los Volcanes Senior Center, North Domingo
Baca Multigenerational Center, and Manzano Mesa Multigenerational
Center will all be **closed** through the week. Please come visit us!

Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,
Anna M. Sanchez, Director

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



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

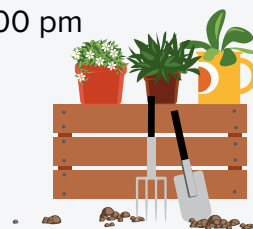


Exercise

- Pilates- Monday 9:30 am - 10:30 am
- Pickleball - Monday 1:30 pm - 3:30 pm
- Senior Aerobics - Tuesday 10:00 am - 11:00 am
- Yoga - Thursday 9:00 am - 10:00 am

Garden

- Visiting Hours: Monday, Tuesday, Wednesday, & Thursday 10:00 am - 12:00 pm
- Greenhouse Garden Gathering Monthly Meeting
- Wednesday, June 19th 11:00 am - 12:00 pm



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

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

June 7th

Chili Beans Express

June 14th

Antonio y Los Unicos

June 21st

Paul Pino & The Tone Daddies

June 28th

La Raza



Trips

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

Santa Barbara Martineztown Multigenerational Center

Grand Opening

Tuesday, June 11th

Check In: 9:00 am Return 1:30 pm

Lunch Reservations



Lunch out on the town:

Laguna Burger

Thursday, June 13th

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

Lunch at your own expense

Wildlife West Nature Park

Monday, June 17th

Check In: 9:00 am Return 2:30 pm

\$2 Fee

Lunch at your own expense

**We will be
CLOSED
Wednesday,
June 19th
in honor of
Juneteenth.**



Celebrate Summer

We are celebrating summer with music and a sweet treat.

Come join us!

Thursday, June 20th

10:00 am - 11:00 am



LEARN HOW TO DONATE FOOD SCRAPS

Learn how you can participate in Community Composting at the Barelmas Senior Center,

Wednesday, June 12th

10:00am - 11:00 am



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

Starting in July Senior Aerobics class will be changing to, "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



Craft Vendors Wanted

Barelmas will be hosting a summer craft fair on

Thursday, July 25th. We are seeking vendors with handmade or artisan items.

Tables are only \$3

Reserve your table today by signing up at the front desk or calling 505-764-6436



Who needs a new summer look?

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

Sign up at the front desk.

Barelmas

Wednesday, June 26th

9:15 am

**Tips appreciated*



 Aveda INSTITUTE

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, June 13th

10:30 am - 12:30 pm

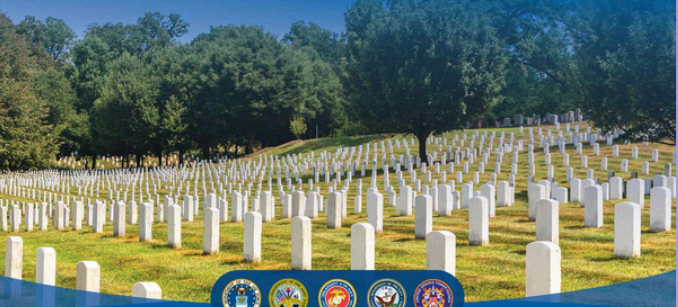


Need a Ride to Visit Your Loved One?

2024 Santa Fe National Cemetery Visitation Opportunity

Three Trips Available On The Following Dates

Wednesday April 10, 2024 **Deadline – April 1, 2024**
Wednesday May 15, 2024 **Deadline – May 6, 2024**
Wednesday June 12, 2024 **Deadline – June 3, 2024**



Please sign up at the front desk

Participation is **limited to the first 5 that sign up.** Seniors must be registered members of their senior center



The New Mexico Rail Runner Express along with local organizations is providing a limited number of seniors from each of our senior centers a round-trip to the cemetery. Your ride begins in Albuquerque and takes you there and back.



June Birthday Celebration

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

Tuesday, June 18th

1:00 pm



Father's Day Cookout!

We are celebrating Dads!

Come join us for great company, music, and refreshments

Friday, June 14th

10:00 am - 11:00 am



Teeniors

Teeniors will be here to work one on one with your technology questions. Sign up at the front desk or call 505-764-6436.

Barelas

Wednesday, June 12th

10:00 am - 12:00 pm



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

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.



Tech Thursday

Learn how to use Amazon to buy and return items and more. Bring your tech questions and get them answered live!

Thursday, June 27th

10:00 am - 11:00 am

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Call 505-764-6436 to register.

The Iron Claw

Wednesday, June 12th

1:15 pm

Rated R



Movies Days



Crazy Rich Asians

Wednesday, June 26th

1:15 pm

Rated PG-13



GEHM Clinic

No GHEM clinic this month

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, June 17th at noon

North Valley Senior Center 3825 4th St. NW, 87107

TUESDAY

JUNE 11, 2024

9:30 AM - 1:30 PM

1825 Edith Blvd NE,
Albuquerque, NM 87102



GRAND OPENING!

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER



ABOUT THE CENTER:

Hours:

Monday through Friday
8 a.m. to 5 p.m.

Available Services:

Youth Programs, Senior Meals,
Community Events, Fitness
Activities, Senior Transportation

📞 505-764-6400

🌐 cabq.gov/seniors

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GRAND OPENING FESTIVITIES TO INCLUDE:

- Ribbon Cutting
- Live Entertainment
 - Refreshments
 - Building Tours
 - Class Demos
- And Much More!

FREE EVENT!

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
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk 
3 ♦ BBQ chicken sandwich ♦ Sweet potato ♦ Apple cobbler ♦ 1% milk 	4 ♦ Greek pasta salad w/ham ♦ Cucumber & red onion salad w/ranch dressing ♦ Wheat crackers ♦ Mandarin oranges ♦ 1% milk 	5 ♦ Red chile omelet ♦ Steamed potatoes ♦ Stewed tomatoes ♦ Green apple ♦ 1% milk 	6 ♦ Mushroom Swiss veggie burger ♦ Steamed broccoli ♦ Corn bread ♦ Whole grain wheat bun ♦ Diced peaches ♦ 1% milk 	7 ♦ Beef steak w/grilled onions ♦ Mashed potatoes ♦ Steamed green beans ♦ Vanilla pudding ♦ 1% milk 
10 ♦ Baked ham w/pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	11 ♦ Salisbury steak w/mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk 	12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk 	13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk 
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk 
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk 