

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

CENTER STAFF

Julio Santiesteban
Center Manager

Janelle Apodaca
Program Coordinator

Catherine Romero
Office Assistant

Evelyn Ulibarri
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide




NATIONAL SENIOR HEALTH & FITNESS DAY!

Join us for fitness
demonstrations,
indoor and outdoor
activities,
refreshments & fun!



North Domingo Baca
Wednesday, May 31st
9:00 am - 12:00 pm

 **ONE ALBUQUERQUE** CITY OF ALBUQUERQUE DEPT. OF SENIOR AFFAIRS & DEPT. OF ARTS AND CULTURE WITH DE ORO PRODUCTIONS PRESENTS:

Tarde de Oro

MAY 11, 2023 **KIMO THEATRE**
1:30 PM DOORS AT 12:30 PM 423 CENTRAL AVE. NW 87102

FEATURING Shelley Morningsong & Fabian Fontenelle
Antonio Reyna • Ray Lucero • Ray Avila
Sal Garcia • Eva Torrez • Ray Lucero
Ray Avila • Los Tapatios de Frances Lujan
Los Balladores de Oro • Tom Frouge, MC

Tarde de Oro is the title of an excitingly colorful and uniquely entertaining musical production that showcases New Mexico's rich and ever evolving history.

Buses and Vans Must Contact Chris Meloy/Kimo, 505-228-9857, For Parking and Passenger Drop Off/Pick Up Directions.

General Seating
Paid Parking
Behind The Theatre

Show Information:
Frances Lujan
505-855-7579
flujan3@msn.com



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



Dance/Exercise

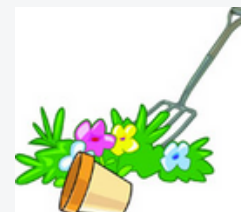
Line Dance- Beginner - Wednesday 9:00 am - 10:00 am
 Line Dance - High Beginner- Wednesday 10:15 am - 11:15 am
 Line Dance- Intermediate - Friday 9:30 am - 11:00 am

Cards & Games

Billiards
 Cards and Puzzles
 Monday-Friday 8:00 am - 5:00 pm
 Bingo - Tuesday 2:00 pm - 4:15 pm

Exercise

Pilates- Monday 8:30 am - 9:30 am
 Pickleball - Monday 1:30 pm - 3:30 pm
 *Senior Aerobics - Tuesday 10:00 am - 11:00 am
 *Senior Aerobics - Thursday 1:30 pm - 2:30 pm
 Yoga - Thursday 9:00 am - 10:00 am
 Tai Chi for Health - Thursday, 1:15 pm - 2:15 pm



Garden

Garden Blessing and Gathering
 Monday, May 15th 9:00 am

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



May 5th
May 12th
May 19th
May 26th

Tino's Band
Chili Beans Express
Impresion
Enchanted Four



Trips

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

Old Town Hike

Wednesday, May 10th

Check in: 9:00 am Return 3:00 pm

Lunch at your own expense

Tarde de Oro

Thursday, May 11th

Check In: 12:00 pm - Return 3:30 pm

Lunch reservations

Senior Fitness Day

Wednesday, May 31st

Check In: 8:30 am Return 1:00 pm

Lunch reservations

Que Sera Alpacas

Wednesday, May 24th

Check in: 9:00 am Return 3:30 pm

\$5 fee

Lunch at your own expense

Need a Ride to Visit Your Loved One?

Santa Fe National Cemetery Visitation Opportunity

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.

Participation is limited.

May 17th, & June 14th

Sign up at the front desk.

Seniors must be a registered member.



Do you need help with you cell phone, laptop, or tablet?

Amy Biehl High School Students will be here to work one on one with your technology questions.



Barelas

Thursday, May 25th

1:00 pm - 3:00 pm

We will be CLOSED Monday, May 29th in observance of Memorial Day



Cinco de Mayo Dance

COME JOIN US FOR MUSIC, FOOD, AND FUN!

Barelas

Friday, May 5th

1:30 pm - 4:00 pm

\$3 per person

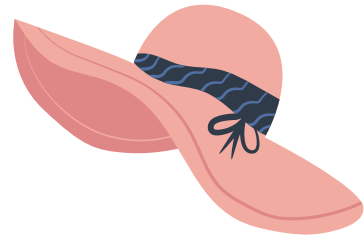
Music by Tino's Band





Mother's Day Tea

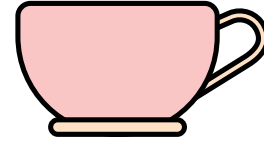
Join us for a Mother's Day Celebration!
Put on your finest hat and enjoy some
tea and refreshments.



Barelas

Friday, May 12th

10:00 am - 11:15 am



El Camino Real Garden Blessing

Join garden club members & Sra. Tonita Gonzales
y Las Curanderas to celebrate the age-old
tradition of the blessing of our gardeners.

Music & light refreshments.

Monday, May 15th 9:30 am - 11:30 am



Manzano Day School

Come enjoy a wonderful performance by
Manzano Day school third graders.

Barelas

Monday, May 15th

11:30 am - 12:00 pm



Senior Citizen's Law Office

Provides general legal information. Divorces,
wills and criminal issues are not included.

Please call 265-2300 for more information and
to schedule an appointment.



Thursday, May 11th

10:30 am - 12:30 pm

May Birthday Celebration

Come enjoy a piece of cake and celebrate
our May babies!

Tuesday, May 16th 1:00 pm

Sponsored by
Oak Street Health



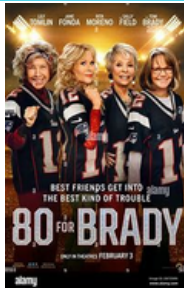
Movies

80 for Brady

Wednesday, May 10th

1:15 pm

Rated PG-13



Oblivion

Wednesday, May 24th

1:15 pm

Rated PG-13



GEHM Clinic

Wednesday, May 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.


Free Computer Class Fact vs Fiction

Barelas

Wednesday, May 24th

9:00 am - 10:00 am

Sign up at the front desk or

 call 505-764-6436














Advisory Council Meeting

Monday, May 15th at noon

Palo Duro Senior Center - Palo Duro NE, 87110

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 ♦ Bake Ziti w/ Spinach ♦ Green Beans ♦ Garlic Breadstick ♦ Diced Peaches ♦ 1% Milk 	2 ♦ Salmon w/Garlic Butter Sauce ♦ Steamed Carrots ♦ Seasoned Orzo ♦ Banana ♦ 1% Milk 	3 ♦ Beef/Broccoli/Pepper/Onions ♦ Stir Fry Vegetable ♦ Brown Rice ♦ Seasonal Fruit ♦ 1% Milk 	4 ♦ Chicken Salad ♦ Baked Potato Chips ♦ Coleslaw ♦ Sliced Wheat Bread ♦ Grapes ♦ 1% Milk 	5 ♦ Carne Adovada: Diced Pork/Red Chile ♦ Roasted Street Corn ♦ Pinto Beans ♦ Flour Tortilla ♦ Tapioca Pudding ♦ 1% Milk 
8 ♦ Baked Lemon Pepper Chicken ♦ Brown Rice ♦ Seasoned Beets ♦ Cantaloupe ♦ 1% Milk 	9 ♦ Diced Beef/Green Chile ♦ Calabacitas ♦ Pinto Beans ♦ Flout Tortilla ♦ Pear ♦ 1% Milk 	10 ♦ Sweet and Sour Pork ♦ Noodles ♦ Oriental Blend ♦ Orange ♦ 1% Milk 	11 ♦ Tilapia w/Cajun Buttered Sauce ♦ Seasonal Potatoes ♦ Roasted Brussels Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	12 ♦ Sliced Turkey w/Gravy ♦ Cranberry Cornbread Stuffing ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk 
15 ♦ Baked Cod w/Tarter Sauce ♦ Ancient Grains ♦ Steamed Green Peas ♦ Diced Peaches ♦ 1% Milk 	16 ♦ Green Chile Chicken Alfredo w/Pasta ♦ Normandy Blend ♦ Whole Grain Dinner Roll w/Margarine ♦ Seasonal Fruit ♦ 1% Milk 	17 ♦ Salisbury Steak w/Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetables ♦ Fresh Seasonal Fruit ♦ 1% Milk 	18 ♦ Eggs Salad Sandwich ♦ Carrot Raisin Salad ♦ Watermelon ♦ Sliced Wheat Bread ♦ 1% Milk 	19 ♦ BBQ Pulled Pork ♦ Macaroni and Cheese ♦ Spinach w/Diced Tomatoes & Onions ♦ Grapes ♦ 1% Milk 
22 ♦ Swedish Meatballs w/Gravy ♦ Brown Rice ♦ Garlic Brussel Sprout ♦ Blueberries ♦ 1% Milk 	23 ♦ Baked Garlic Tilapia ♦ Mashed Sweet Potatoes ♦ Seasoned Vegetables ♦ Yogurt ♦ 1% Milk 	24 ♦ Bean/Cheese Burrito ♦ Diced Potatoes w/Onions ♦ Spinach ♦ Applesauce ♦ 1% Milk 	25 ♦ Chicken Tetrizzini ♦ Green Peas ♦ Garlic Breadstick ♦ Mixed Fruit ♦ 1% Milk 	26 ♦ Roast Beef/Sliced Cheese/Hoagie ♦ Lettuce/Tomatoes ♦ Potato Salad ♦ Watermelon ♦ 1% Milk 
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk 	31 ♦ Soft Tacos-Beef/Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk 	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk 	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk 