

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



Blue Cross and Blue Shield of New Mexico
CARE VAN® EVENT 9 a.m. to noon
MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

WEDNESDAY OCTOBER 23 North Domingo Baca Multigenerational Center	WEDNESDAY NOVEMBER 13 Barelas Senior Center	WEDNESDAY DECEMBER 4 Palo Duro Senior Center
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Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!
The Medicare 101 will take place from 10 - 11 a.m. inside the center.
Pre-registration is required for the presentation.

ONE ALBUQUERQUE senior affairs
Transportation Provided
Visit your center's front desk for more information or to sign up.

BlueCross BlueShield of New Mexico
A Division of Health Care Service Corporation,
A Mutual Legal Reserve Company,
An Equal Opportunity Employer of
Blue Cross and Blue Shield Association.



*Ageless Artisan
Craft Fair*

NOVEMBER
SATURDAY **16** 9AM-1PM

Manzano Mesa Multigenerational Center
501 Elizabeth St. SE, 87123
505-275-8731

Just in Time for the Holidays!
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

ONE ALBUQUERQUE




North Valley Senior Center
THANKSGIVING DAY LUNCHEON

North Valley  **North Valley**

THURSDAY, NOVEMBER 28th
Cost: \$4

Tickets go on sale Friday, November 1st.
You Must have a ticket.
Tickets are not refundable.
*Center will not be open for Activities.

ONE ALBUQUERQUE senior affairs **Doors Open at 11:00am**
Serving at 11:30AM



ONE ALBUQUERQUE senior affairs **Independence at home**
A SCAN COMMUNITY SERVICE

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations.

Deliver donations by:
November 27, 2024

Drop off location:
Any CABQ Senior or Multigenerational Center

NEW items needed:

- Protein Drinks (i.e. Ensure, Boost)
- Depends
- Socks
- Cleaning Supplies
- Laundry Detergent
- Manicure & Grooming Sets
- Tissue/Toilet Paper

For more information or drop location hours and directions, call (505)764-6400



Accredited by **ncoa**
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
Crotchet w/Roland - Tuesday 10:00 am - 11:00 am
Crotchet w/Ralfaleta - 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



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

Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am
Line Dance - Improver- Wednesday 10:15 am - 11:15 am

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



Garden

Visiting Hours:
TBD

Greenhouse Garden Gathering Monthly Meeting
Wednesday, November 20th 11:00 am - 12:00 pm



Language

Italian - Thursday 1:30 pm - 2:20 pm
Spanish: Beginner - Tuesday 1:00 pm - 2:00 pm
Spanish: Beginner II - Wednesday 2:15 pm - 3:15 pm
Spanish: Intermediate - Wednesday 1:00 pm - 2:00 pm

Learning

Conversations on the Bible - Wednesday 10:00 am

Music

Beginner Guitar- Monday 1:00 pm - 2:00 pm
Spanish Acoustic Jam Session - Friday 10:30 am - 12:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

November 1st
November 8th
November 15th
November 22nd

Electric Edric Explosion
Paul Pino & The Tone Daddies
Desert Springs
Chili Beans Express



Trips

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

Santa Fe National Cemetery

Wednesday, November 6th
Check In: 9:20 am Return 3:00 pm
Lunch at your own expense

Lunch Out on the Town: Vick's Vittles Country Kitchen

Tuesday, November 12th
Check In: 10:45 am Return 2:00 pm
Lunch at your own expense

Governor's Mansion Tour

Wednesday, November 13th
Check In: 9:00 am Return 3:30 pm
Lunch at your own expense

Don't miss these great performances!

Manzano Day School

Come listen to the beautiful voices
of children singing.

Thursday, November 14th
11:30 am



Coronado Day School

Come experience and energetic bilingual
performance by students.

Friday, November 22nd
10:30 am

Now we're cooking!



Come learn cooking skills. Discover how
to save money when buying food.
Explore food health and safety.



Wednesday, November 20th - December 18th
9:30 am - 11:00 am



Check with the front desk on how to sign up or call Emily
at 505-243-1386.

Casa Flamenca Performance

Casa Flamenca is proud to bring you
internationally recognized flamenco artists
including featured resident artists from
around the world!

Don't miss this special performance!



Wednesday, November 6th
2:00 pm



Scam Presentation

Join Senior Citizen Law Firm to learn
about: common scams, red flags to
watch for, and how to fix identity theft.

Friday, November 8th
10:00 am

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



Hair for the Holidays

Aveda Institute students are offering
haircuts to get you ready for the holidays for only \$5.
Sign up at the front desk.

Barelas

Wednesday, November 13th
9:15 am

***Tips appreciated**



Vaccine Clinic

Vaccines being offered: COVID, Flu, Pneumonia,
Shingles/Zoster, RSV& Tdap.

Register for our shot clinic at

<https://patients.vaxcare.com/registration>

/Code- CO31703

Tuesday, November 12th

9:00 am - 1:00 pm

Walk-ins welcome



Flea Market

Did you know that we have a weekly Flea Market?
You can find all kinds of great treasures for your home
or holiday needs. Come check it out!

Every Thursday
8:00 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.

Tuesday, November 12th
3:00 - 5:00 pm



We will be CLOSED
Monday, November 11th
in honor of
Veterans Day



We will be CLOSED
Thursday, November 28th &
Friday, November 29th
in honor of
Thanksgiving.



Veterans Wall Celebration

Come celebrate our Veterans and honor newly placed seniors on our Veteran Wall.



Thursday, November 7th
10:00 am



12th Annual Veterans Memorial Garden Celebration

Join us for our traditional Veterans recognition celebration. This event takes place in our El Camino Real Garden and is a wonderful way to honor all of our Veterans past and present. This special and cherished tradition is open to all. See the beautiful 16 foot star floral Veterans Memorial Garden of red, white, and blue maintained by volunteer seniors here at Barelvas.



Friday, November 8th
9:00 am - 11:00 am

Thankful Pie Social

Come add a leaf to our grateful tree telling us what you are thankful for and receive a piece of pumpkin pie.



Thursday, November 21st
10:30 am



NEW

Wednesday, November 13th
1:00 pm



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, November 14th
10:30 am - 12:30 pm

Spice Rack Remedies

Join us for an interactive monthly class as we explore learning about different spices to improve health.

November Birthday Celebration

Come enjoy a sweet treat and celebrate our November birthdays!

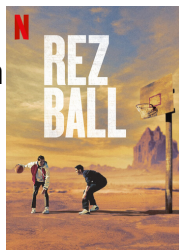


Tuesday, November 19th
1:00 pm



Rez Ball

Wednesday, November 13th
1:15 pm
Rated PG-13
Drama



Movies Days



The Art of Racing in the Rain

Wednesday, November 20th
1:15 pm
Rated PG
Drama/Comedy



GEHM Clinic

Wednesday, November 20th

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, November 18th at noon
CASA Kitchen: 2540 Karsten Ct SE, 87102



NOVEMBER 2024



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>28</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 
<p>4</p> <ul style="list-style-type: none"> ◆ Pork Loin w/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Italian Blend Vegetables ◆ Tater Tots w/ Ketchup ◆ Orange ◆ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Chicken Fajita w/ Fajita Blend ◆ Diced Potatoes ◆ Pinto Beans ◆ Red Apple ◆ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Normandy Blend ◆ Cherry Cobbler ◆ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Steak Fingers w/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Sugar Cookie ◆ 1% milk 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Biscuit w/ Margarine ◆ Sweet Potatoes ◆ Mixed Fruit ◆ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich w/ Mozzarella ◆ Diced Potatoes w/ Ketchup ◆ Normandy Blend ◆ Mandarin Oranges ◆ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hashbrowns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Vanilla Pudding ◆ 1% milk 
<p>18</p> <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Steamed Carrots ◆ Granny Smith Apple ◆ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Beef w/ Peppers & Onions ◆ Black Beans ◆ Imperial Blend ◆ Banana ◆ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Elbow Macaroni ◆ Roasted Carrots ◆ Sliced Beets ◆ Vanilla Pudding ◆ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Alfredo Sauce ◆ Northwest Blend ◆ Breadstick ◆ Peaches ◆ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Breaded Cod Fish w/ Tarter Sauce ◆ Steamed Red Potatoes ◆ Peas ◆ Orange ◆ 1% milk 
<p>25</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Corn w/ Red Peppers ◆ Grapes ◆ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Carne Adovada w/ Red Chile ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Pineapple ◆ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Herb Roasted Turkey w/ Gravy ◆ Stuffing w/ Gravy ◆ Green Bean Casserole ◆ Dinner Roll ◆ Pumpkin Cake ◆ 1% milk 	<p>28</p> <p>29</p>  <p>Happy Thanksgiving</p>	