

# Barelas Senior Center



Director  
Anna M. Sanchez



714 Seventh St. SW  
Albuquerque, N.M 87102  
505-764-6436  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## Boos and Boogie Halloween Dance



Come have a phantasmic time with our ghoulish gang for our spooky dance.

Come shake your bones and enjoy special treats with our coven.

Put on your most bootiful or frightful ware for our costume contest.

*Music by La Raza*

**Friday, October 25th**

**1:30 pm - 4:00 pm**

**Come in FULL COSTUME to get in FREE**



## Trick or Treat

Barelas Child Development Center

will be Trick-or-Treating with us!

Come see the preschool little monsters in their costumes and help hand out candy.

(Candy donations welcome!)

**Thursday, October 31st**

**9:30 am**



## Haunted Shop & Hop

Come shop and listen to great music!

Flea Market 8:30 am - 11:00 am

*Music by Johnny Chacon*

10:00 am - 11:00 am

**Thursday, October 31st**



## UNM College of Pharmacy

Every year during American Pharmacists Month, student pharmacists from The University of New Mexico reach out to provide free health care services to the community. From education, flu shots, to health screenings, these students strive to help you champion your health.

All are welcome!

**Friday, October 18th**

**10:00 am - 2:00 pm**



COLLEGE OF PHARMACY

ONE ALBUQUERQUE senior affairs

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

**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



Accredited by National Institute of Senior Centers



## Activities Arts and Crafts

Art Meditation - Monday 10:30 am - 11:30 am

Crochet - Tuesday 10:00 am - 11:00 am

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



## 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:

TBD

Greenhouse Garden Gathering Monthly Meeting

Wednesday, October 16th 11:00 am - 12:00 pm

## Learning

Conversations on the Bible - Wednesday 10:00 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



## 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

## Music

Beginner Guitar- Thursday 10:30 am - 11:30 am

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



## Dance to Live Music

**\$3/person**

**Fridays**

**1:30 pm - 4:00 pm**

**October 4th**

**October 11th**

**October 18th**

**October 25th**

**Peter Vigil & The All-Star Band**

**Latin Soul**

**Antonio y Los Unicos**

**La Raza**



## Trips

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

### ABQ Grecian Festival

Friday, October 4th

Check In: 10:30 am Return 2:30 pm

Lunch at your own expense

\$2 Fee

### Prime Time 50+ Expo

Wednesday, October 9th

Check In: 8:00 am Return 12:30 pm

Lunch reservations

### Hike in Jemez

Tuesday, October 15th

Check in: 8:00 am Return 5:00 pm

Pack your own lunch



### Special Shapes Balloon Launch Viewing at North Domingo Baca

Friday, October 11th

Check In: 6:10 am Return 10:00 am

Breakfast at your own expense

### Lunch out on the town:

#### The Royal Buffet

Tuesday, October 22nd

Check In: 10:45 am Return 1:00 pm

Lunch at your own expense

### NM Conference on Aging

Monday, October 28th

Check in: 8:00 am Return 4:30 pm

\$12 for 55+ (must register online)

### Power of Attorney Clinic

Bring current Photo ID, and the names and contact information of people you will appoint as agents. Attorneys will guide attendees through completing Powers of Attorney for both Healthcare and Finances.

Wednesday, October 16th

10:00 am

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



### Craft Vendors Wanted



Barelas will be hosting a  
Holiday Craft Fair on  
Thursday, December 5th.

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.



### Fall into a new look!

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

Sign up at the front desk.

**Barelas**

Wednesday, October 16th

9:15 am

\*Tips appreciated  AVEDA INSTITUTE



### Beginner Guitar



Would you like to learn how to play the guitar?

Let's learn together!

This will be a group effort to follow a learning  
plan to help each other learn the guitar.

Come join us and learn a new skill!

Sign up at the front desk

**Start October 3rd**

**Thursdays, 10:30 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 AARP 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



## Free kit for saving energy and water

Attend our Energy Smart Seniors event!



- Get tips to be safe with energy.
- Learn low or no cost ways to save energy and money
- Get information about energy efficiency and assistance programs.
- Pick up your free energy efficiency kit, one per household

**Thursday, October 3rd**

**9:00 am - 11:00 am**



### 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, October 10th**

**10:30 am - 12:30 pm**

### Closing Early

We will be closing early on



**Thursday, October 10th at 1:45 pm**  
for center repairs.

Sorry for any inconvenience

### Tech Thursday

LEARN HOW TO FIND, SAVE, AND SHARE YOUR FAVORITE MUSIC ONLINE. BRING YOUR TECH QUESTIONS AND GET THEM ANSWERED LIVE!

**Thursday, October 24th**

**10:00 am - 11:00 am**

**Sign up at the front desk**

televēda



### The Long Game

Wednesday, October 9th

1:15 pm

Rated PG

Drama



### Movies Days



### A Quiet Place

Wednesday, October 23rd

1:15 pm

Rated PG-13

Drama/Horror



### GEHM Clinic

**Tuesday, October 15th & Wednesday, October 16th**

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, October 21st at noon

Barelas Center: 714 7th St SW, 87102

## We will be CLOSED

**Monday, October 14**

in honor of



### ¿Te gustaría mejorar tu inglés o aprender frases básicas del inglés?

¡Únete a nuestra clase de ESL (Inglés como Segundo Idioma) y abre las puertas a nuevas oportunidades!

Visite la recepción para obtener más información o

llámenos al 505--764-6436

### Pie Social

Enjoy a slice of pie with some wonderful company!

**Thursday, October 17th**

**10:30 am**



### Spice Rack Remedies

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

NEW

**Wednesday, October 9th**

**1:00 pm**



### October Birthday Celebration

Come enjoy a sweet treat and celebrate our October birthdays!



**Tuesday, October 15th**

**1:00 pm**



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   |
|---|--|--|---|--|
| 30<br>♦ Chicken Fajitas w/ Salsa<br>♦ Flour Tortilla<br>♦ Ranch Beans<br>♦ Hot Sliced Apples<br>♦ 1% milk<br>          | 1<br>♦ Beef Stroganoff & Elbow Pasta<br>♦ Cauliflower w/ Red Peppers<br>♦ Bread Stick<br>♦ Chocolate Pudding<br>♦ 1% milk<br>                           | 2<br>♦ Ham Omelet w/ Fajita Blend<br>♦ Stewed Tomatoes<br>♦ Tater Tots<br>♦ Orange<br>♦ 1% milk<br>  | 3<br>♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce<br>♦ Corn<br>♦ Malibu Blend<br>♦ Mixed Fruit Cup<br>♦ 1% milk<br>  | 4<br>♦ Lemon Pepper Tilapia<br>♦ Rice Pilaf<br>♦ Calabacitas<br>♦ Chocolate Chip Cookie<br>♦ 1% milk<br>  |
| 7<br>♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots<br>♦ Corn Bread<br>♦ Blueberry Crisp<br>♦ 1% milk<br> | 8<br>♦ Teriyaki Pork w/ Brown Rice<br>♦ Stir Fry Blend Vegetables<br>♦ Pineapple Upside Down Cake<br>♦ 1% milk<br>                                      | 9<br>♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6 Onions<br>♦ Fritos<br>♦ Normandy Blend<br>♦ Peaches<br>♦ 1% milk<br>  | 10<br>♦ Linguini w/ Diced Tomato Sauce<br>♦ Diced Potatoes<br>♦ Steamed Broccoli<br>♦ Vanilla Pudding<br>♦ 1% milk<br>   | 11<br>♦ Chicken & Rice Soup<br>♦ Spinach<br>♦ Crackers<br>♦ Cherry Cobbler<br>♦ 1% milk<br>   |
| 14<br><b>INDIGENOUS PEOPLES' DAY</b><br>   | 15<br>♦ Open Faced Turkey Sandwich w/ Gravy<br>♦ Yams<br>♦ Green Beans<br>♦ Wheat Bread<br>♦ Orange<br>♦ 1% milk<br>                                  | 16<br>♦ Salisbury Steak w/ Gravy<br>♦ Brown Rice<br>♦ Peas<br>♦ Jell-O<br>♦ Diner Roll w/ Margarine<br>♦ 1% milk<br>  | National Pasta Day 17<br>♦ Spaghetti Marinara w/ Squash<br>♦ Breadstick<br>♦ Malibu Blend<br>♦ Peaches<br>♦ 1% milk<br>  | 18<br>♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans)<br>♦ Flour Tortilla<br>♦ Pinto Beans<br>♦ Sliced Cinnamon Apples<br>♦ 1% milk<br> |
| 21<br>♦ Beef Tips over Pasta w/ Gravy Rotini Noodles<br>♦ Brussel Sprouts<br>♦ Peach Cobbler<br>♦ 1% milk<br>        | 22<br>♦ Chicken Pot Pie 5 Way Pie w/ Biscuit<br>♦ Diced Beets<br>♦ Ancient Grain<br>♦ Yogurt<br>♦ 1% milk<br>   | 23<br>♦ Salmon w/ Garlic Butter<br>♦ Rice Pilaf<br>♦ Cauliflower<br>♦ Orange<br>♦ 1% milk<br>   | 24<br>♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon<br>♦ Corn<br>♦ Baked Beans<br>♦ Apple Slices<br>♦ 1% milk<br>   | 25<br>♦ Green Chile Ham Mac & Cheese<br>♦ Cornbread<br>♦ Normandy Blend<br>♦ Pineapple<br>♦ 1% milk<br>   |
| 28<br>♦ Carne Adovada<br>♦ Spanish Rice<br>♦ Corn<br>♦ Tortilla<br>♦ Pear<br>♦ 1% milk<br>                           | 29<br>♦ Breaded Chicken Patty w/ Green Chile & White Gravy<br>♦ Sweet Potato<br>♦ Green Beans<br>♦ Apple Slices w/ Peanut Butter Cup<br>♦ 1% milk<br> | 30<br>♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)<br>♦ Mashed Potatoes<br>♦ Sliced Carrots<br>♦ Jell-O<br>♦ 1% milk<br>   | 31<br>♦ Omelet w/ Mushrooms & Spinach<br>♦ Hash Browns<br>♦ 5 Way Vegetable Blend<br>♦ Yogurt<br>♦ 1% milk<br>  | 1<br>♦ Pot Roast (Potatoes, Celery, Carrots)<br>♦ Italian Blend<br>♦ Ancient Blend<br>♦ Mandarin Oranges<br>♦ 1% milk<br>                               |