

Barelas Senior Center



Director
Anna M. Sanchez

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

www.cabq.gov/seniors

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me. Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director
City of Albuquerque Senior Affairs



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

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 - Noon

Offbeat Artists- 1st & 3rd Friday

Dance/Exercise

Line Dance- Wednesday 9:00 am - 10:00 am

Line Dance I Intermediate- Wednesday 10:15am - 11:15 am

Cards & Games

Billiards

Board Games and Puzzles

Monday-Friday 8:00 am - 5:00 pm

Bingo - Tuesdays 2:00pm -4:15 pm

Exercise

Pilates- Monday 8:30 am- 9:30 am

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

Senior Health Fair

Barelas Senior Center

September 1st

9:00 am -11:00 am

Senior Law Office Presentations

Power of Attorney

Both health care and financial powers of attorneys and cremation authorizations will be discussed and attorneys will assist seniors in completing forms.

Friday, September 17

10:00 am - Noon

Call 505-265-2300 for Reservations

Foreclosure

Fallen behind on mortgage payments?

Served with foreclosure paperwork?

Want to learn about the about the loan modification process?

If any of the above apply to you, come join a Senior Citizens' Law Office Staff Attorney on Wednesday, September 22, 2021 at 10:00 a.m. at the Barelas Senior Center for an informative legal workshop including:

Delinquency, Modification, and Foreclosure Court Process

Question and answer period

To register, call (505) 746-6436



Dance to Live Music

\$3/person

Fridays 1:30 pm -4:15 pm

September 3

Chile Beans

September 10

Impresion

September 17

Rhythm Divine

September 24

Paul Pino

Flea Market with Music: Jim's Nite Train

50's, 60's and NM Music

Thursday

8:30 am- 11:00 am

Crochet class with Rafaelita

Starting September 9th, Thursdays 10:30 am -1:30 pm

Bring your own yarn, hook and scissors - Learn to crochet or come and crochet with other.

Tai-Chi Gong with Rick Silver

Bring your mind and body. Wear loose clothes, no jewelry, no fragrances

Starting Monday, September 13

2:30-4:30 pm

25th Annual Prime Time 50+ Expo on October 13, 2021 from 8am – 1:30pm at Embassy Suites.

Free Health Screenings and Entertainment!

Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.

El Camino Garden Club

8th Annual Garden Open House

Thursday, September 17th 2021

9:30 - 11:30 am

Join us for Light Refreshments, & Free Prize Drawings

Learn about our gardens here at Barelmas and our year round garden program! Visit our unique theme gardens!

Learn about our "Garden Angel" Program. Get garden advice for your home garden.

"Making The World Greener - One Yard At A Time"

Please contact Patrick Turrieta, Garden Keeper for more information or to assist with our garden open house event

Join us for Light Refreshments, & Free Prize Drawings

Advisory Council Meeting

Monday, September 27

Noon-1:30pm

Highland Senior Center

131 Monroe NE 87108



























Reservations required by 1:00 pm 24 hours in advance

Lunch is served 11:30 am- 1:00 pm

Call 764-6436

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
30 ♦ Sliced Ham ♦ Corn Bread ♦ Pinto Beans ♦ Collard Greens ♦ Peaches ♦ 1% Milk 	31 ♦ Asian Beef Stir Fry ♦ Buttered Noodles ♦ Garlic Bread Stick ♦ Pineapple ♦ 1% Milk 	1 ♦ Fish & Chips ♦ Stewed Tomatoes ♦ Warm Sliced Apples ♦ 1% Milk 	2 ♦ Chicken Alfredo ♦ Green Beans ♦ Garlic Breadstick ♦ Strawberries ♦ 1% Milk 	3 ♦ Cheeseburger ♦ Tater Tots ♦ Lettuce/Tomato/ Onion/Pickle ♦ Hamburger Bun ♦ Pear ♦ 1% Milk 
6 Closed Labor Day	7 ♦ Cod Fish W/ Tartar Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Supped Fruit ♦ 1% Milk 	8 ♦ Beef Tips W/ Gravy ♦ Bow Tie Pasta ♦ California Blend ♦ Pineapple ♦ 1% Milk 	9 ♦ Baked Ziti W/ Fajita Blend ♦ Italian Blend ♦ Garlic Breadstick ♦ Pudding ♦ 1% Milk 	10 ♦ Pulled Pork W/ BBQ ♦ Ranch Beans ♦ Spinach W/ Pearl Onions ♦ Dinner Roll W/ Margarine ♦ Apricots ♦ 1% Milk 
13 ♦ Teriyaki Chicken ♦ Oriental Vegetables ♦ Buttered Noodles ♦ Fortune Cookie ♦ 1% Milk 	14 ♦ Pollock Fish W/ Tartar ♦ Au Gratin Potatoes ♦ Capri Blend ♦ Orange ♦ 1% Milk 	15 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Jell-O W/ Fruit ♦ 1% Milk 	16 ♦ Roast Beef W/ Brown Gravy ♦ Peas & Carrots ♦ Roasted Red Potatoes ♦ Dinner Roll W/ Margarine ♦ Pudding ♦ 1% Milk 	17 ♦ Green Chile Cheeseburger ♦ Tater Tots W/ Ketchup ♦ Broccoli ♦ Hamburger Bun ♦ Pear ♦ 1% Milk 
20 ♦ Pasta Primavera ♦ Diced Tomatoes ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk 	21 ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Green Beans ♦ Peach ♦ 1% Milk 	22 ♦ Meatloaf W/ Gravy ♦ Mac & Cheese ♦ Sliced Carrots ♦ Pineapple ♦ 1% Milk 	23 ♦ Chili Bowl - Beef/ Beans/Red Chile ♦ Succotash ♦ Combread ♦ Grapes ♦ 1% Milk 	24 ♦ Herb Pork Loin W/ Gravy ♦ Scalloped Potatoes ♦ Normandy Blend ♦ Applesauce ♦ 1% Milk 
27 ♦ Chicken & Rice Casserole ♦ Broccoli ♦ Cherry Cobbler ♦ 1% Milk 	28 ♦ Salmon W/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Scandinavian Blend ♦ Dinner Roll W/ Margarine ♦ Cupped Fruit ♦ 1% Milk 	29 ♦ Sweet and Sour Pork ♦ Stir Fry Blend ♦ Buttered Noodles ♦ Peaches ♦ 1% Milk 	30 ♦ Red Beef Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Yogurt ♦ 1% Milk 	1 ♦ Turkey Tetrzini ♦ Italian Blend ♦ Breadstick ♦ Cookie ♦ 1% Milk 

Revised 07/16/21