

# 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)

Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes a difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigen center during lunch, or online at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

### CENTER STAFF

**America Bencomo**  
Center Manager

**Janelle Apodaca**  
Program Coordinator

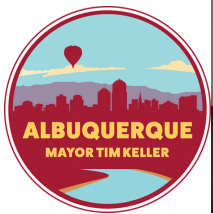
**Catherine Romero**  
Office Assistant

**Johanna Rodriguez**  
Program Assistant

**Laura Baca**  
General Service Worker

**Jose Olivas**  
Cook

**Cynthia Garcia**  
Kitchen Aide



Accredited by  - 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

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:

Monday through Friday 10:00 am - 12:00 pm

Greenhouse Garden Gathering Monthly Meeting

Wednesday, September 18th 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

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



## Dance to Live Music

**\$3/person**

**Fridays**

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



**September 13th**

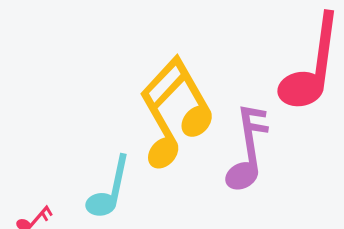
**September 20th**

**September 27th**

**Milagro**

**Brother's Trio**

**De Luz**



## Trips

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

### Senior Day at NM State Fair

Monday, September 9th

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

Lunch at your own expense

### Santa Rosa: Blue Hole

Wednesday, September 18th

Check In: 8:00 am Return 5:30 pm

Lunch at your own expense



### Lunch out on the town:

#### Grandma's K & I Diner

Wednesday, September 11th

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

Lunch at your own expense

### Rail Road Days & Lunch

Saturday, September 28th

Check In: 10:00 am Return 2:00 pm

Lunch at your own expense

### Painting from the Heart

NEW



Come learn how to paint beautiful skies and landscapes with a highly awarded fine art artist.

Starts Wednesday, September 11th

9:00 am - 11:30 am

Sign up at the front desk & get a list of supplies needed.



### 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



### Conversations on the Bible

Would you like to learn more about the Bible?

Join us as we have open discussions on the Bible.

Starts Wednesday, September 4th

10:00 am



### Spice Rack Remedies

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

Wednesday, September 11th

1:00 pm



### Fall into a new look!

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

Sign up at the front desk.

Barelas

Wednesday, September 11th

9:15 am

\*Tips appreciated 



### Power of Attorney Presentation

Topics will include powers of attorney, advance directives, Wills, and transferring assets without probate. Note: the presenter will only be able to answer general questions, and cannot give personal legal advice.

Wednesday, September 25th

10:00 am

Sign up at the front desk or call

505-764-6436

### 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



**BE BRAVE: with HEART**

A dynamic 90 minute session of Discussion & Practice about preventing falls, what to do when you have fallen and HOW TO GET-UP.

Firemen, Physical Therapists or Occupational Therapists will be available to answer questions.

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



**Thursday, September 19th**

**10:30 am**

**Attention Veterans!**

Veterans you deserve to be honored. We will have a professional photographer here to take pictures so you can be featured on our Wall of Honor.



**Monday, September 16th**

**9:00 am - 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, September 12th**

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



**We will be CLOSED**

**Monday, September 2nd  
in honor of**

★ **LABOR** ★  
★★★ **DAY** ★★★

**Tech Thursday**

LEARN HOW TO FIND FLIGHTS & HOTELS AND NAVIGATE ONLINE BOOKINGS. BRING YOUR TECH QUESTIONS AND GET THEM ANSWERED!

**Thursday, September 26th**

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

Call 505-764-6436 to register.



**September Birthday Celebration**

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

**Tuesday, September 17th**

**1:00 pm**



televēda

**Horizon: An American Saga**

Wednesday, September 11th

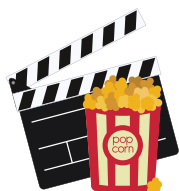
1:15 pm

Rated R

Drama



**Movies Days**



**That Thing You Do**

Wednesday, September 25th

1:15 pm

Rated PG

Comedy/Drama



**GEHM Clinic**

**Wednesday, September 18th**

8:30 am - 12:00 pm

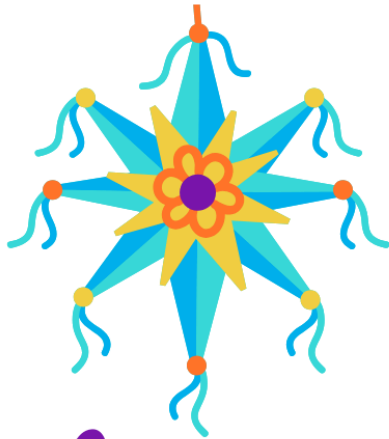
Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.

**Advisory Council Meeting**

Monday, September 16th at noon

Manzano Mesa Multigenerational Center: 501 Elizabeth St SE, 87123

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



# Barelas Senior Center Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,  
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER  
2024

9 am -  
3 pm

714 Seventh St SW 87102



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ALBUQUE  
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United  
Healthcare

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Humana

PRIME TIME  
PUBLISHING

# September 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.



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2	3	4	5	6
	<ul style="list-style-type: none"> <li>◆ Cod Fish over Brown Rice w/ Tarter Sauce</li> <li>◆ Rosemary Potatoes</li> <li>◆ Brussel Sprouts</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Tips in Brown Gravy over Bowtie Pasta</li> <li>◆ Steamed Broccoli</li> <li>◆ Roasted Carrots</li> <li>◆ Pineapple</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Vegetable Posole w/ Corn, Beans, Peppers, &amp; Green Chile</li> <li>◆ Cauliflower</li> <li>◆ Cornbread</li> <li>◆ Grapes</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ Pulled Pork</li> <li>◆ Ranch Beans</li> <li>◆ Spinach w/ Onions</li> <li>◆ Whole Grain Dinner Roll w/ Margarine</li> <li>◆ Peach Cups</li> <li>◆ 1% milk </li> </ul>
9	10	11	12	13
<ul style="list-style-type: none"> <li>◆ Teriyaki Chicken w/ Stir Fry Vegetables &amp; Soy Sauce</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ Brown Rice</li> <li>◆ Mandarin Oranges</li> <li>◆ Fortune Cookie</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Lemon Pepper Salmon</li> <li>◆ Parsley Potatoes</li> <li>◆ Green Peas</li> <li>◆ Banana</li> <li>◆ Cornbread</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork Carnitas</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Flour Tortilla</li> <li>◆ Grapes</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pasta Primavera w/ Broccoli &amp; Diced Tomatoes/Parmesan</li> <li>◆ Spinach</li> <li>◆ Garlic Breadstick</li> <li>◆ Blueberries</li> <li>◆ Greek Yogurt</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roast Beef w/ Brown Gravy</li> <li>◆ Sliced Carrots</li> <li>◆ Mashed Potatoes</li> <li>◆ Whole Grain Dinner Roll w/ Margarine</li> <li>◆ Applesauce</li> <li>◆ 1% milk </li> </ul>
16	17	18	19	20
<ul style="list-style-type: none"> <li>◆ Meatloaf w/ Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Whole Grain Dinner Roll w/ Margarine</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Rotisserie Chicken over Brown Rice</li> <li>◆ Sliced Beets</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ Banana</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chili Bowl: Beef, Beans &amp; Red Chile</li> <li>◆ Succotash</li> <li>◆ Cornbread</li> <li>◆ Fresh Grapes</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Southwest Omelet: Egg, Cheese, Red &amp; Green Peppers, Onion w/Green Chile</li> <li>◆ Stewed tomatoes</li> <li>◆ Hash Browns</li> <li>◆ Flower Tortilla</li> <li>◆ Peaches</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Herb Pork Loin w/Gravy over Ancient Grain Blend</li> <li>◆ Cauliflower</li> <li>◆ Sautéed Zucchini</li> <li>◆ Applesauce</li> <li>◆ 1% milk </li> </ul>
23	24	25	26	27
<ul style="list-style-type: none"> <li>◆ Baked Chicken &amp; Rice Pilaf</li> <li>◆ Corn &amp; Red Peppers</li> <li>◆ Broccoli</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Salmon w/ Lemon Butter Sauce</li> <li>◆ Roasted Rosemary Potatoes</li> <li>◆ Italian Vegetable Blend</li> <li>◆ Whole Grain Dinner Roll w/ Margarine</li> <li>◆ Pear Cups</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour Pork w/ Stir Fry Vegetables</li> <li>◆ Steamed Cabbage</li> <li>◆ Warm Sliced Apples</li> <li>◆ Whole Grain Dinner Roll w/ Margarine</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Enchiladas: Cheese, Green Chile, &amp; Corn Tortillas</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Sugar Cookie</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey Tetrizzini: Turkey, Spaghetti, &amp; Green Peas</li> <li>◆ Italian Vegetable Blend</li> <li>◆ Breadstick</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% milk </li> </ul>