

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



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 - Noon
Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM
Crochet with Rafaelita- Thursday 10:30 am -1:30 pm

Dance/Exercise

Line Dance Starter- Monday 10:00 am - 11:00 am
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 Starting back January 11th - Tuesdays 2:00pm -4:15 pm

Exercise

Pilates- Monday's CANCELED TEMPORARILY: Check back mid-January
Pickleball - Monday 1:30 pm - 3:30 pm
Yoga - Thursday 9:00am-10:00 am
Tai Chi for Health -Thursdays 1:15 pm - 2:15 pm

Language

Italian - Thursday 1:30pm-2:30pm

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm



January 7th

January 14th

January 21st

January 28th

De Luz

Rhythm Divine

Paul Pino & the Tone Daddies

Milagro



Advisory Council meeting

Los Volcanes Senior Center – 6500 Los Volcanes NW, 87121

January 24, 2022

Noon-2:00 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 for

Thursday, January 13th

10:30 am - 12:30 pm



January Birthday Celebration

Tuesday, January 18th 1:00 pm

Sponsored by Oak Street Health



AARP Smart Driver Course

Classes are not available in person, but are available online.

AARP member - \$ 23.95 (\$ 17.96 with a 25% discount); non-AARP member - \$ 29.95 (\$ 22.46 with a 25% discount). Seniors from age 55 and up can still take the online course and receive a discount from their automobile insurance company if a New Mexico resident.

www.aarpdriversafety.org

Barelas Senior Center

will be CLOSED

Monday January 17th

in observance of

Martin Luther King Jr. Day



Thank you to all who contributed to our Annual Senior Holiday Donation Drive. So many seniors benefited from your generosity!

Thank you also to the Sombra Sore No More Team for the generous supply of Sombra and Sore No More Products.

Our members greatly appreciated it!



GEHM Clinic

Wednesday, January 19th

8:30 AM - 11:00 AM

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.



Pickleball Monday Fun Day!!!

Celebrating the fun of pickleball.
Refreshments served
Monday, January 24th
1:30 pm - 3:30 pm



Trips

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

Walmart

Monday
January 3rd & 24th
9:30 am - 11:30 am

International Folk Art Museum

Wednesday, January 12th
Check In: 8:30 am - Return 6:00 pm

Belen Matanza

Saturday, January 29th
Check In 8:00 am - Return 3:00 pm
\$20

Movie Day's



Come join us as we continue to celebrate the New Year by watching the 2011 movie, New Year's Eve.
Wednesday, January 5th 1:15 pm



Join us as we honor the legacy of MLK Jr. by watching the 2014 movie, Selma
Wednesday, January 19th 1:15 pm

Do you have a special talent you want to share?

We are always looking for new instructors for classes of exercise, art, or any other activity you would want to share!

Contact the front desk if you want to help out!
505-764-6436

Did you know?

Barelas has an indoor Flea Market every Thursday, 8:30 am - 11:00 am
Come find your next treasure with our wonderful senior vendors!



Come join us for breakfast!

Breakfast Menu

8:00am - 9:00am / Monday - Friday

Full Breakfast \$1.50
2 eggs, 2 bacon or sausage, potatoes, toast/tortilla

Mini Breakfast \$0.75
1 egg, bacon or sausage, potatoes, toast/tortilla

Breakfast Burrito \$ 1.50
2 eggs, bacon or sausage, potatoes
(Chile optional) Red or Green

A-la-Carte

Egg (over medium, over hard, scrambled, egg whites)	.25
2 pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Potatoes	.30
Hot Cereal w/milk	.70
Side of Chile (Red) or (Green)	.25
Egg Muffin Sandwich (bacon or sausage)	1.00
Huevos Rancheros (Tuesday)	1.50
Biscuits & Gravy (Friday)	1.00

Drinks

Orange Juice or Milk	.25
Coffee	.30

Barelas accepts cash, checks, and all major credit cards. We are limited on the amount of change we can give and may not be able to accept bills larger than \$20.00