

Barelas Senior Center



Director
Anna M. Sanchez

MARCH

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

Big Spring Clean Flea Market

Come shop for some great treasures and wonderful finds at our **HUGE Spring Flea Market!** With 25 vendors, you're sure to find something great!



Thursday, March 13th
8:30 am - 12:30 pm



Did someone say quesadilla?

March is National Nutrition Month!



Join us along with ICAN SNAP-Ed educators as they talk about the 5 food groups and the benefits of a whole food diet. They will also be making some yummy Veggie Quesadillas! Sign up at the front desk or call 505-764-6436.



Thursday, March 20th
9:30 am

Free Tech Help: ABQ in March!

Albuquerque

Thurs, March 6 @ 3:00-5:00pm
North Domingo Baca Multi-Gen Center

Fri, March 7 @ 3:00-5:00p
Bear Canyon Senior Center

Tues, March 11 @ 3:00-5:00pm
Barelas Senior Center

Wed, March 19 @ 3:00-5:00pm
Palo Duro Senior Center

Mon, March 24 @ 2:00-4:00pm
Manzano Mesa Multi-Gen Center

Thurs, March 27th @ 3:00-5:00pm
Los Volcanes Senior Center

Fri, March 28 @ 1:00-3:00pm
North Valley Senior Center

RSVP with your center above, or contact Teeniors: (505) 600-1297 | teeniors@gmail.com. All are welcome - there are no stupid questions. Free and open to everyone!



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
 Coloring Group - Thursday 12:30 pm
 Crotchet w/Roland - Tuesday 10:00 am - 11:00 am
 Crotchet w/Rafaelita - 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



Dance/Exercise

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

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

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

Community Garden open Wednesdays, 9:00 am - 12:00 pm
Greenhouse Garden Gathering Monthly Meeting
 Wednesday, March 19th 11:00 am - 12:00 pm

Language

Italian - Thursday 1:30 pm - 2:20 pm
 Spanish: Beginner - Thursday 1:00 pm - 2:00 pm
 Spanish: Beginner II - Tuesday 1:00 pm - 2:00 pm
 Spanish: Intermediate - Wednesday 2:15 pm - 3:15 pm
 Spanish: Intermediate II - 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 10:00 am - 12:00 pm
 Guitar-Open Practice - Friday 1:00 pm - 2:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

March 7th
March 14th
March 21st
March 28th

Enchanted Four
Electric Edric Explosion
Chili Beans Express
La Raza



Trips

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

Balloon Museum & Lunch

Friday, March 7th

Check In: 9:15 am Return 2:00 pm

Lunch at your own expense

Museum of Indian Arts & Culture in Santa Fe & Lunch

Wednesday, March 12th

Check In: 8:30 am Return 6:00 pm

Lunch at your own expense



Lunch Out on the Town: El Patron

Tuesday, March 11th

Check In: 10:45 am Return 2:00 pm

Lunch at your own expense

Telephone Museum of NM & Lunch

Thursday, March 21st

Check In: 9:45 am Return 3:00 pm

\$4 donation

Lunch at your own expense

Come around for Pi Day!

There are 3.14... reasons to celebrate this day! Circle around and come celebrate

Pi Day!

Friday, March 14th

10:30 am



St. Patrick's Day Luncheon

Corned Beef, Cabbage, Rosemary Potatoes, Corn Bread, Green Jell-o, and Milk. Make your reservations on Friday, before 1:00 pm

Monday, March 17th

11:30 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, March 13th

10:30 am - 12:30 pm



Estate Planning 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.

Call 505-764-6436 to sign up.

Tuesday, March 25th

9:30 am



**50+ SENIOR
TECH
CONNECT**

**SAVE THE DATE!
APRIL 11, 2025**

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER



March Birthday Celebration

Come enjoy a sweet treat and celebrate our February birthdays!

Tuesday, March 18th

1:00 pm



Mardi Gras Games

We're celebrating Mardi Gras by playing some bead games and snacking for Fat Tuesday.

Come have fun with us!

Tuesday, March 4th

10:30 am



ESL

¿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

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 AAARP Members \$25 for non-AAARP Members (Checks or Money Orders ONLY Accepted. NO CASH) Sign up at the front desk or call 505-764-6436.





Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director



Bible Study

Join us as we study the Bible, starting with the Gospel of John.

Starts Monday, March 10th

9:30 am - 10:30 am



Spice Rack Remedies

Join us for an interactive monthly class as we explore learning about different spices to improve health. Come learn about the benefits of

Coconut Oil

Wednesday, March 12th

1:30 pm



Just your luck, it's time for a haircut!

It's your lucky day! Aveda Institute students are offering fresh haircuts for only \$5.

Sign up at the front desk.

Wednesday, March 12th

9:45 am

***Tips appreciated**



Free Ride!
Santa Fe National Cemetery

Sign Up at Front Desk

April 9, 2025 | May 14, 2025 | June 11, 2025



The Wild Robot

Wednesday, March 12th

1:15 pm

Rated PG

Sci-Fi/Animated

Oscar Movies Days



Wicked

Wednesday, March 26th

1:15 pm

Rated PG

Musical/Fantasy



GEHM Clinic

No Gehm Clinic in March

Next session: will be April 15th & 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, March 17th at noon.

Palo Duro Senior Center-5221 Palo Duro NE, 87110

MARCH 2025



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>3</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>4</p> <p>Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>5</p> <p>Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz</p> 	<p>6</p> <p>Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz</p> 	<p>7</p> <p>Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz</p> 
<p>10</p> <p>Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz</p> 	<p>11</p> <p>Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>12</p> <p>Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz</p> 	<p>13</p> <p>Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>14</p> <p>Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz</p> 
<p>17</p> <p>Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz</p> 	<p>18</p> <p>Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>19</p> <p>Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz</p> 	<p>20</p> <p>Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>21</p> <p>Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz</p> 
<p>24</p> <p>Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>25</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>26</p> <p>Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>27</p> <p>Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz</p> 	<p>28</p> <p>Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz</p> 

ST PATRICK'S DAY

Word Search



CABBAGE

JIG

POT OF GOLD

CLOVER

LEPRECHAUN

RAINBOW

CORNER BEEF

LUCKY

SHAMROCK

GREEN

MARCH

ST PATRICK

IRELAND

PARADE

TRADITION



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There are three Sudoku rules:
Firstly, each row must contain the numbers 1-9 exactly once each.
Secondly, each column must contain the numbers 1-9 exactly once each.
Lastly, each 3x3 box must contain the numbers 1-9 exactly once each. That's it!

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	