

City of Albuquerque



Timothy M. Keller,
Mayor
Department of
Senior Affairs
Department Director,
Anna M. Sanchez
Associate Director,
Anthony Romero
Division Manager,
Nikki Peone

Hours of Operation
Monday—Friday
8 am - 5 pm
Annual Membership
\$20/person

Center Staff

Vacant
Center Manager

David Goode,
Program Coordinator

Catherine Romero
Office Assistant

Evelyn
Program Assistant

Angel Marquez,
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Assistant Cook

El Corazon de BARELAS

Valentine's Sweetheart Lunch & Dance

Friday, February 14, 2020



Enjoy a wonderful sweetheart
Lunch with your Valentine
(reservations required)
11:30 am—1:00 pm

Stay and dance the
afternoon away
with some great music

By Impression
1:30—4:15 pm
Free Dance
First 120 people



**Closed Monday, February 17
President's Day**



El Camino Rael Garden Club

We will be growing vegetables, herbs, and flowers all season long
Hands-on learning—All welcome—Bring your ideas

- Grow your own salads!
- Spice your foods with home grown herbs!
- Enjoy the beauty of flowers!

- All gardening supplies needed
- Free!
- No experience needed! All members welcome
- Activities include—preparing soil, planting, cultivating, weeding, watering & harvesting
- Enjoying the fruits of our labor



Call Patrick Turrieta at 505.764.6436 to join in the fun!



ACTIVITIES/THINGS GOING ON AT BARELAS

Monday

8:00 Billiards
8:00 Breakfast
8:00 Fitness Room
8:00 Games Galore
8:00 Garden
8:15 Adapted Aquatics
9:00 Ceramics
9:15 Yoga
9:30 Walmart
10:00 Gentle Exercise
11:00 Offbeat Artist
11:30 Lunch
12:00 Ceramics Lab
1:30 Pickle ball

Tuesday

8:00 Billiards
8:00 Breakfast
8:00 Fitness Room
8:00 Games Galore
8:00 Garden
8:30 Pilates
9:00 Learn The Basics of Acrylic Painting
9:30 Retablos Painting
10:00 Gentle Exercise
11:30 Lunch
12:30 Tin Class
1:15 Bingo

Wednesday

8:00 Billiards
8:00 Breakfast
8:00 Fitness Room
8:00 Games Galore
8:00 Garden
8:30 Adapted Aquatics
9:00 Ceramics
9:00 Line Dance (Beginner)
11:30 Lunch
12:00 Ceramics

Thursday

8:00 Billiards
8:00 Breakfast
8:00 Fitness Room
8:00 Games Galore
8:00 Garden
8:30 Flea Market
9:15 Yoga
11:30 Lunch

Friday

8:00 Billiards
8:00 Breakfast
8:00 Ceramics
8:00 Games Galore
8:00 Garden
8:15 Adapted Aquatics
10:00 Gentle Exercise
11:00 Italian Class
11:30 Lunch
1:30 Afternoon Dance



City of Albuquerque,
Department of Senior Affairs
Barelas Senior Center

Closed

Monday, February 17



ACTIVITIES/THINGS GOING ON AT BARELAS

Smart DRIVER AARP - Defensive Driving



Third (open) Wednesday (February 19) of every month 12:30—4:30, This 4 hour class provides techniques for coping with change in vision, hearing & reaction time, along with the rules of the road. Anyone 55+ may take this class & may receive a discount on your auto insurance premiums. (Check with your insurance carrier) Sign up at the front desk.
Cost: Members \$15/Non-Members \$20

Afternoon Dances 1:30—4:15 pm

Tickets on sale starting @ 1:00 pm
\$3.00 per person, Doors open 1:25 pm

Friday, February 7 — Chili Beans
Friday, February 14 — Impression
Friday, February 21 — La Raza
Friday, February 28 — Los Recuerdos

Arts & Crafts

Arts & Crafts - Friday 8:00 am 1:00 pm
Ceramics—Monday/Wednesday 9:00 am—12:00 pm
Ceramics Lab—Monday/Wednesday 12:00—2:00 pm
Retablos/Hispanic Folk Art— Tuesday 9:00—11:30
Offbeat Artist Class—Monday 11:00 am—3:00 pm
Tin Working - Tuesdays 1:00—4:30 pm
Woodcarving - Tuesdays 9:00—11:00 am

Birthday Celebration

Sponsored by:
Presbyterian Health
February 19, 1:00 pm—1:30 pm



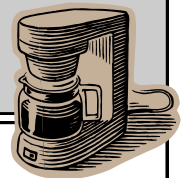
Flea Market Thursday 8:00—11:00 am



Every Thursday, find special bargains, new treasures, rare finds and collectables.

(\$2 / reserve table- sign up at the front desk)

Friendship Coffee Wednesday 10:00-11:00 am



Every Thursday
9:30-10:30 am

Games

Billiards—	M—F	8:00am—4:45 pm
B-I-N-G-O	Tuesday	1:30—4:00 pm
Games Galore	M—F	8:00am—4:45 pm



ACTIVITIES/THINGS GOING ON AT BARELAS

Food Pantry

Wednesday, February 20
2:00—4:00 pm



Ice Cream Social

We all scream for ice cream!
2nd Thursday of the month.
(February 13) 10:00 am —11:00 am 75¢

Karaoke

For those of you who sing like Sinatra and those who can barely carry a tune; come and sing your heart out at our Karaoke!

Here's your opportunity!
3rd Tuesday of the month (February 18)
11:15 am —1:00 pm



Pie Social

Enjoy a generous slice of your favorite pie at Barelas "Pie Social".
4th Thursday of the month (February 27)
10:00 am —11:00 am
75¢ per slice.

Groups & Clubs

Want to start a club,
contact David Goode 505.764.6436

Senior Citizen's Law Office



Every 2nd Thursday of the month
(February 11) 10:30 am—12:30 pm.

Free legal services. One on One consulting services. NO Personal Injury or Divorce Cases. SCLO may provide assistance with Civil Cases, Wills, simple Probate and related matters on a reduced fee basis. Advance Directives workshops and legal and consumer workshops at various Senior Centers. SCLO will represent seniors w/legal problems in the area of consumer law, health law, disability, abuse and housing. Further information...
UNM Law Clinic 277-5265 or State Bar of New Mexico @ www.nmbar.org.



GEHM Clinic

Wednesday, February 15
8:00 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.



ACTIVITIES/THINGS GOING ON AT BARELAS

Computer Corner Sign up at front desk

NEW CLASSES

New Classes To Come—Looking for instructors. If interested, please talk to David Goode, Program Coordinator

Open Computer Lab

Monday 2:00—5:00 pm

Thursday 3:00—7:00 pm

Saturday 11:15 am—12:45 pm

Health & Wellness

Tips To Start Walking

A power-walking workout is a great way to get in shape. And while a 30–45-minute power walk 4–5 days per week should be your focus, don't stop there. To reach your weight-loss goals, try including short walks of 20 minutes or less throughout your day when possible. Here are a few ideas to get you started:

Try a short walk following meals, which can help control your blood sugar, prevent cravings for more food and give your metabolism a boost. When completing daily errands, walk between destinations instead of driving when it's a mile or less. Take a short walk when you feel frustrated or stressed. It can help your mood while you burn a few more calories. Always take the stairs instead of the elevator.

Upping your walking speed from a leisurely at-the-park pace is one way to get the heart pumping and burn more calories. In addition to picking up the pace, [researchers at Ohio State University](#) have also found that varying your walking speed during your workouts can help you burn up to 20% more calories than maintaining a steady pace. During your walk, include one 30-second burst every 5 minutes, walking as fast as you can without jogging. Follow this with a slower 30-second recovery walk before you get back into your normal power-walking pace

While it might look silly, exaggerating your arm swing while you walk has additional benefits. It'll help to speed up your pace, work your upper body and burn up to 10% more calories when compared to a normal arm swing. To perfect your arm-swing technique, use these tips: Bend your arms to 90 degrees and maintain this form. The arm should extend behind the body as far as you can comfortably and naturally. On the up-swing, the hand should rise to the level of the chest.

Setting goals is important to keep you motivated. One of the best goals you can have as a walker is to work toward increasing the number of steps you take per day. The more steps you take, the more likely you are to burn calories. And shortening your stride to take more steps can actually help you speed up the pace, too. Unlike distance and speed goals that can lead to an injury when progressed too quickly, increasing your steps is safer and can be amped up more rapidly. If you're serious about losing weight, aim for 10,000 per day to start and increase your step count from there as you can tolerate.

Health & Wellness Continued

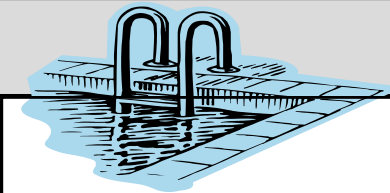
Sleep More—Argue Less—Protect Your Heart

Sip Yourself Asleep

File this one under "bizarre but worth a shot." Tart Cherry Juice could get you more shut-eye. In a small new study, insomniacs who drank 8 ounces of the stuff twice a day slept an impressive 84 more minutes per night than they did when given a placebo juice. Previous research has pointed to the cherries' naturally occurring hormone melatonin as the key soporific ingredient. Look for juice made from Montmorency tart cherries, which have the highest concentration of this wonderfully snoozy compound

Sports & Fitness @ Barelas

Adapted Aquatics



Taught in therapeutic 92° water, participants are led through range-of-motion exercises to help increase joint mobility as well as develop muscular strength. Call 880.2800/767.5990 for registration. Aquatic exercise at The University of New Mexico, therapy swimming pool. **Registrations start on the 15th of every month for the upcoming month**
Monday, Wednesday & Fridays Check in 8:00am—10:30am

Gentle Exercise

For men & women—a fun way to relieve stress, improve flexibility & build stamina! The tempo of the music is combined with the intensity with which you approach the exercises, makes this suitable for virtually everyone. Wear comfortable clothes & shoes.
Monday 10:00—11:00 am
Friday 10:00—11:00 am



Line Dance

Beginning Line Dance—
Wednesdays 9:00—10:00 am
Intermediate Line Dance -
Wednesday 10:00 11:00 am

Pickle Ball

Mondays 1:30—3:30 pm



Yoga

Easy gentle movements to balance internal energy. The benefits of this practice can include improved balance, flexibility, stamina and regulation of stress, blood pressure and weight. Mondays 9:15am—10:30am Thursday 9:15—10:30am

Something To Think About

Become a Barelvas Senior Center Volunteer—no experience is necessary. Training will be provided. (with the exception of instructors). Learn how you can make a difference!

-Drivers

-Gift Shop Volunteers Needed

-Drivers

-Front Desk

-Computer, Language, Etc.

-Front Desk Attendants

Trips & Trip Policies

Trips January-March sign up on Tuesday, January 7 at 9-11:00 am and 1:00-3:30 pm
Check In - Senior and Multigenerational Centers

Please check your center for the check in times. Registered members that do not check in by 10 minutes after the hour will have their seat made available to a Walk-On member. Members experiencing a delay in their arrival should contact the center to inform staff of their estimated Time of arrival.

Cancellations

Cancellations for trips require a minimum 24-hour notice. Voice mail is available 24/7 for cancellations. Members must leave their name, telephone number, and the trip being cancelled.

No Show-No Call (Cancellations)

DSA staff will contact Members by phone for each no show-no call.

Three (3) no show-no calls in the current season/session will result in removal from all other trips during the current season/session.

Wait List Protocol

DSA maintains a wait list for trips that are full. Members that wish to be placed on the wait list must have completed a Registration Form. Upon receiving a cancellation, DSA staff will call the Wait List before the seat is opened to any other Member. DSA staff **will not** leave a voice mail if you do not answer, but will call the next name on the wait list.

Walk On Protocol

Members **who are on the Wait List** for that particular trip are invited to show up for the scheduled trip to see if a seat becomes available due to a No Show No Call. It is required upon your arrival, to check in and receive a number (deli style). If a seat(s) becomes available, staff will begin calling number(s) in consecutive order. If your number is called, you will immediately sign in and take your seat on the van.

ALL EXPENSES ON YOUR OWN

Friday, February 5 Santa Fe's International Folk Museum on the Railrunner

Check in 8:15am Depart 8:30am Return 6:00pm

Friday, February 14 NM State Legislature Senior Day

Check in 10:45am Depart 11:00am Return 5:00pm

Thursday, March 12 In Search of the Best Green Chile Cheeseburgers—Fuddrueckers

Check in 8:45am Depart 9:00am Return 2:30pm

Thursday, March 19 Ten Thousand Waves

Check in 8:00am Depart 8:15am Return 6:00pm

CONGRATULATIONS & VOLUNTEER OPPORTUNITIES



JOB WELL DONE
VOLUNTEER Patrick Turrieta



A special THANK YOU goes to Patrick Turrieta here at Barelas Senior Center.

Thank you, for what you do for the Barelas Senior Center and its members.

Barelas Senior Center is such a success and so much fun because of its volunteers

Thank you for everything you do each and every day.

For touching so many, helping in whatever way is needed, Patrick it is so appreciated.

Barelas, with your helping hand & your giving heart, is successful in providing effective & wonderful activities to all the members here at the center.

So again, staff here at the center could not do it without you.

As you can see this is definitely a team effort.

Barelas' Staff wants to thank you Patrick for that.

We so appreciate your love and dedication you have & display here at Barelas Senior Center.

Again, THANK for all that you do for the center.

Barelas appreciates you. **Patrick get a GOLD STAR!**

Retired Senior Volunteer Programs (RSVP)

RSVP

Lead With Experience

Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Center, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

The Foster Grandparent Program (FGP) Advisory Council needs members to join its efforts in promoting awareness and educating the community about FGP and senior issues. Council members advocate on behalf of FGP

volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelas Senior Center. For more information call 505-767-5225.

Silver Horizons New Mexico: food pantry provides food boxes to low income seniors. The ability to lift 25 pounds and be on your feet, sort and package food. Deliver food boxes/bags to home bound seniors. Please call 767-5225.

Meals on Wheels of Albuquerque is in need of volunteers in the kitchen any day Monday through Friday from 9 am-11am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 767-5225.

Catholic Charities needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Please call 505-767-5225.

For at least three hours a week. Any day Monday – Friday.

Manzano Mesa Senior Center Van Drivers Van drivers are needed at Manzano Mesa Multigenerational Center to drive for various in-town and out- of-town trips. Volunteers are reimbursed for lunch and admission on trips they drive. Volunteers are required to join the Retired and Senior Volunteer program and must obtain a City of Albuquerque City Operators Permit, (COP). Please call 505-767-5225.

Special Events

Monday, February 2 10:15am-11:30am Groundhog Day Celebration
Friday, February 14 11:30am-1:00pm Sweetheart Luncheon
Friday, February 14 1:30pm-4:15 Sweetheart Dance (Free)
Tuesday, February 18 10:15am-11:30am President's Day Celebration
Wednesday, March 25 9:30am-12:00pm Arts & Crafts Fair



Suggestion Box / Comment Box



A suggestion box is located at the front desk. Please feel free to submit ideas, suggestions and/or thoughts regarding the center.

Positive feed back is also appreciated!

Please place your comments in the box before the 15th of every month.



Senior Affairs Services & Other Opportunities

Department of Senior Affairs—714 7th Street, SW—Senior Information Line—764.6400

*Recreation *Breakfast & Lunch *Recreation & Learning
*6 Senior Centers *2 Multigenerational Centers *Planet 50+ Activities

*4 Sports & Fitness Centers & Programs

*Information, referrals, & assistance on senior concerns/issues.

*Linkage to senior services and to other community resources.

Senior Social Services

*Senior Information Line—764.6400 For information & literature about other support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies & case management programs

*Transportation/Nutrition *Home-Delivered Meals

*Satellite Senior Center—Recreation & Lunch

*Care Coordination—Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services, & on-going follow-up

*Home Chores—Chore services such as seasonal light yard cleaning & installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+

* Retrofit—Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income eligible disabled persons of all ages living within city limits. Services to income eligible county seniors aged 60+ as funding allows

*Minor Home Repairs—Minor repairs for low income homeowner occupants over 60 within Bernalillo County, Non-licensed work only.

Nutrition & Other Issues—Cook: Cook to Proper Temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.

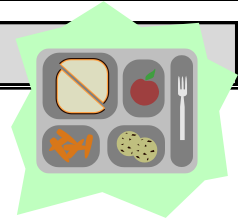
- Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook beef roasts and steaks to a safe minimum internal temperature of 145°F. Cook pork to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F throughout the bird, as measured with a food thermometer.
- Cook all ground meat to 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked. Casseroles and other dishes containing eggs should be cooked to 160°F.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.
- Use microwave-safe cookware and plastic wrap when cooking foods in a microwave oven.

Source: <http://www.choosemyplate.gov/food-safety>

DSA Meal Reservation Policy & Procedure Effective Immediately

DSA Meal Reservation Policy & Procedure

- 1) PLEASE CALL 767.5999 BY 1:00 PM. The day before, for reservations.
- 2) Only number of meals ordered will be prepared for LVSC
- 3) Those persons w/reservations are served their meals first.
- 4)Unclaimed meals are held until 12:30. At 12:30 pm clients who did not make reservation, but who does want to eat, can at that time
- 5) NO FOOD ITEMS are to Be Taken OUT of Facility to be consumed at later time, w/exception of apples, bananas, oranges or individually packaged items.



♥ happy ♥
Valentine's
♥ day ♥

More: City of Albuquerque Senior Centers

Highland 767.5210

BINGO! (B-EYE-N-GEO)—Every Monday, 1:15—3:30pm
Defensive Driving 1st Thursday of every month 12:15—4:15 pm
Flea Market—Every Monday & Friday 8am—12:00pm

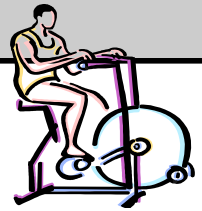
Los Volcanes 767.5999

Bingo Every Friday 1:30—4:00
Dance Every Thursday 1:30—4:15
Defensive Driving 1st Monday 9:00—12:00
Flea Market Every Friday 8am—11:00

Los Volcanes Fitness Center 767.3710

Hours of Operation: Monday thru Friday 7:00am—7:00pm
Saturday 8:00am—2:00pm

Our Fitness facilities are equipped with strength training and cardio equipment. Weight training will keep you feeling and looking great. Get more energy & increase muscle tone & bone density! Sleep & feel better! Join one of the free orientations & learn the fundamentals of weight training.



Manzano Mesa Multi Generational Center 275.8731

Bingo- every Thursday 1:30—4:30pm
Defensive Driving- 1st & 3rd Saturday 9:00—1:00
Flea Market- First (open) Friday of each mo. 8:00—1:00



North Valley Senior Center 761.4025

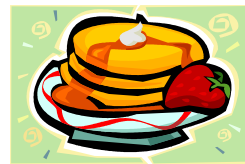
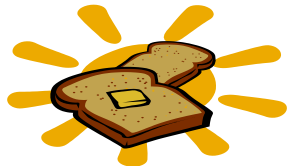
Bingo Every Wednesday 1:30—4:30
Dance Every Sunday 1:30—4:30
Defensive Driving 1st Monday 12:30—4:30
Flea Market Every Wednesday 8am—12:00



La Panza Llena Es Un Corazon Feliz

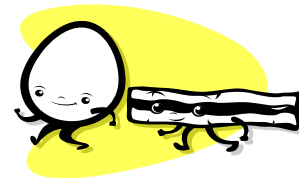
Barelas Senior Center Breakfast Menu

REGULAR - 2 Eggs, Toast, Potatoes and choice of Bacon or Sausage.	\$1.50
MINI - 1 Egg, Toast, Potatoes and choice of Bacon or Sausage.	\$.75
BURRITO- Egg, Potato, Cheese, choice of Bacon/Sausage Red/Green Chile	\$1.50
McMuffins - Bacon/Sausage—	\$1.00
Huevos Rancheros—Tuesday ONLY	\$1.50
Waffles w/fruit—Wednesday ONLY	\$1.50



A La Carte Items

1 Pancake or 1 French Toast	\$.25
Eggs	\$.25 each
Cereal Hot/Cold	\$.70
Potatoes-	\$.30
2 Bacon or 1 Sausage Patty	\$.50
Milk-	\$.25
Chile- Red or Green	\$.25
Orange Juice-Small	\$.30
Orange Juice—Large	\$.60
2 Slices of Toast or 1 Tortilla	\$.20



February 2020

DSA Meal Reservation Policy & Procedure

1) PLEASE CALL 764.6436 BY 1:00 PM. THE DAY BEFORE FOR RESERVATIONS

2) Those persons w/reservations are served their meals first.

3) Unclaimed meals are held until 12:30. At 12:30 pm clients who did not make reservation, but who do want to eat can at that time

4) NO FOOD ITEMS are to Be Taken OUT of Facility to be consumed at later time, w/exception of apples, bananas, oranges or individually packaged items.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta Primavera Green Beans Wheat Roll Pineapple Tidbits	4 Taco Soup Pinto Beans Stewed Tomatoes Banana	5 Memphis Dry Rubbed Brown Rice Mixed Vegetables Orange	6 Beef Tips & Bowtie Pasta Peas & Carrots Crescent Roll Peach Crumble	7 Pork Chop w/Apples Mashed Potatoes Brussel Sprouts Apricot
10 Oven Fried Chicken Mushroom/Onion Gravy Mac-N-Cheese Spinach Wheat Bread Orange	11 Turkey w/Gravy Mashed Potatoe Mixed Vegetables Dinner Roll Oatmeal Cookie	12 Breaded Pollack w/Tarter Sauce Bowtie Noodles Succotash Wheat Bread Fresh Pear	13 Red Chili Beef Enchilada Spanish Rice Pinto Beans Mixed Fruit	14 Spinach Lasagna Mixed Vegetables Garlic Bread Sticks Cottage Cheese w/Pineapple
17 Closed for President's Day	18 Ham and Potato Soup Mixed Vegetables Biscuit Sliced Peaches	19 Italian Chicken Steak Fries Crinkle Cut Carrots Granny Smith Apple	20 Meatloaf White Rice Mixed Vegetables Dinner Roll Yogurt	21 Red Chili (Beans Beef, Cheese) Cauliflower and Squash Tortilla Brownie
24 Roasted Pork Red Potatoes Mixed Vegetables Dinner Roll Sliced Apricots	25 Soft Chicken Tacos Spanish Rice Corn w/Peppers Cantaloupe	26 Cheeseburger Baked Beans Baby Carrots Sliced Peaches	27 Meatball Sub w/Provelone Steak Fries Green Beans w/Onions Orange	28 Salmon w/Garlic Sauce Angel Hair Pasta Mixed Vegetables Bread Sticks Chocolate Chip Cookie
2 Green Chili Chicken Posole Black Beans Calabacitas Sliced Pears	3 Turkey w/Gravy Stuffing Mixed Vegetables Chocolate Cookie	4 Red Chili Omlet Diced Rosemary Potatoes! Spinach w/Onions Pineapple Chunks	5 Pork Chops w/Slices Apples White Rice Imperial Blend Orange	6 Breaded Cod w/Tarter Sauce Steak Fries Coleslaw w/Pineapple & Raisens Brownie