

**MARCH 2020**

City of Albuquerque

**Timothy M. Keller**  
Mayor



**DEPARTMENT OF  
SENIOR AFFAIRS**

**Director**  
**Anna M. Sanchez**

**Division Manager**  
**Nikki Peone**

**Mission:**

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

**Hours of Operation**

**Monday – Friday**

**8:00am – 5:00pm**

Annual membership: \$20/person

714 7th Street SW  
Albuquerque, NM 87102  
Phone: 505.764.6436  
Fax: 505.764.6472

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)



**CONGRATULATIONS  
JULIO**

**WELCOME BACK AS MANAGER OF  
BARELAS SENIOR CENTER**

Tax Season is here  
Vita Tax can Help

Barelas Senior Center

Walks in every Monday and Wednesday  
8:00 am

First 55 people at the doors

For more information about documents needed to get your taxes done can be found on Page 5

**Happy Hour**



Wednesday, March 25

Barelas Social Hall

1:30– 3:30 pm

Music by La Raza

\$2/person

Refreshments will be provided

**Lucky Leprechauns Luncheon**

Join us on St. Patrick's Day for Irish luck, laughter, and a traditional Irish Feast! Don't Forget to wear your lucky green! Reservations required

Barelas Social Hall

Tuesday, March 17



**Holiday Arts and Crafts Fair**  
Come shop the arts and crafts vendors.

Wednesday, March 25

Barelas Lobby

9:30 am—Noon

Vendors space is limited \$5/table

## Regular Programming

### AARP Defensive Driving

This four-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 insurance premiums.

Cost: \$15 for AARP members / \$20 for non-AARP members. (Checks or Money Orders Accepted Only - No Cash) Occurs the 3rd Wednesday of the month. **Wednesday, March 18 Time: 12:30-4:30 pm**

### Arts & Crafts

|                              |                                      |               |
|------------------------------|--------------------------------------|---------------|
| Arts & Crafts                | Friday, 8:00am—1:00pm                | Supplies fees |
| Ceramics                     | Monday & Wednesday, 9:00am - 12:00pm | Supplies fees |
| Ceramics Lab                 | Monday & Wednesday, 12:00-2:00pm     | Supplies fees |
| Retablos / Hispanic Folk Art | Tuesday, 9:00—11:30am                | Supplies fees |
| Offbeat Artists Class        | Monday, 11:00am—3:00pm               | Supplies fees |
| Tin Works                    | Tuesday, 12:00—4:00 pm               | Supplies fees |

### Physical Fitness

|                                 |   |
|---------------------------------|---|
| Cardio Equipment / Fitness Room | Daily / Equipment orientations by appointment |
| Gentle Exercise                 | Monday, Tuesday & Friday 10:00-11:00am        |
| Pilates                         | Tuesday 8:30 - 9:30am                         |
| Pickleball                      | Monday, 1:30 - 3:30pm                         |
| Yoga                            | Monday & Thursday 9:15 - 10:30am              |
| Line Dancing                    | Wednesday 9:00-10:00 am                       |
| Intermediate Line Dancing       | Wednesday 10:10-11:10 am                      |



### Language Class

|               |                           |
|---------------|---------------------------|
| Italian Class | Fridays 11:00 am –12:00pm |
|---------------|---------------------------|

### Friday Afternoon Dances

**1:30-4:15 pm \$3.00 per person**

|          |               |
|----------|---------------|
| March 6  | El Gato Negro |
| March 13 | Milagro       |
| March 20 | Aguila Band   |
| March 27 | Rhythm Divine |



To ensure the Social Hall is clean and ready for when we open the doors for the Friday Dance at 1:30pm, lunch and beverages must be consumed and all lunch patrons must vacate the Social Hall by 1:00 pm. Thank you for your cooperation.

**You will not be able to get into the Friday Dances without your up-to-date membership card. Please remember to bring it with you!**

## **Flea Market Thursday** **8:00 am - 11:00 am**

Jewelry, clothes, books, household items, small appliances, arts and crafts, glassware, special bargains and treasures. \$2 to reserve your table, number of Flea Market tables is limited. Tickets for tables go on sale at 10:00 am on day of Flea Market. Must be a senior member of a City of Albuquerque senior or multi-generational center to purchase a table. City of Albuquerque is not responsible for any items bought/sold during flea market, make sure you test items before purchasing.

## **Games**

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

B-I-N-G-O - Every Tuesday 1:15 - 3:45pm

Decks of cards and puzzles are available from the front desk for use in the Lobby.



## **Karaoke with Daniel Sedillo & Leroy Ortiz**

Tuesday, March 17

11:15 am - 1:00 pm

## **Take a Hike with Pat**

### **Take a hike with Pat**

#### **Santa Fe and the International Folk Museum**

Wednesday, March 4th

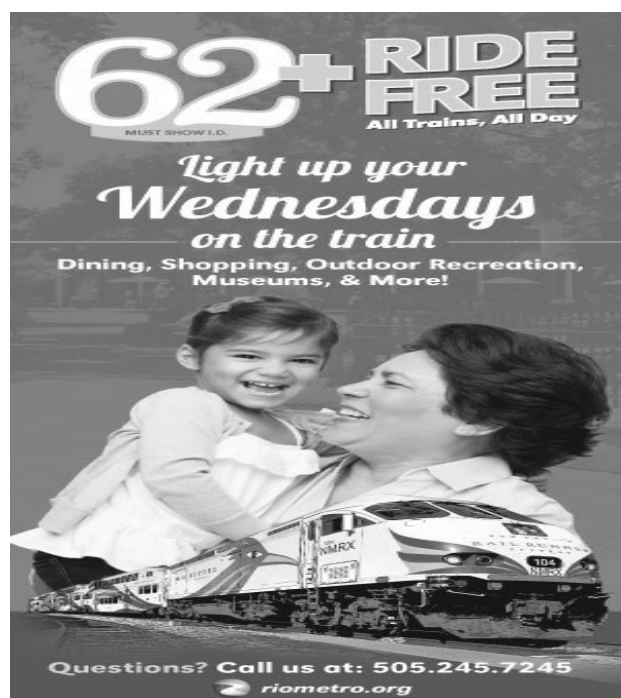
Check in :8:15 am Return: 6:00 pm (Approximately )

Train trip, shuttle and access to museum are free for senior 62+

## **Take a Hike with Pat**

The new year is a great time to evaluate your general health and make a plan to improve it in 2019. With that in mind you might consider joining the ongoing hiking group formed at the Barelas Senior Center. "Take a Hike with Pat" is a group of seniors who like to get out and explore areas in and around Albuquerque. Hike and learn some local history at the same time. "Hikes with Pat" will be scheduled monthly.

Note: Those considering hiking should be able to walk on uneven surfaces without issue for a minimum of 3 miles. Hiking boots, and a hiking stick are recommended. Call the Barelas Senior Center at 764-6436 the 1<sup>st</sup> week of each month to find out location, distance and time of hike for the month.



If you would like to submit an article for the newsletter, please turn it into Julio or David by the 15th of the month.

Thank you!

## Trips

**Mondays** — Wal-Mart / 9:30 - 11:30am  
Sign-up at the front desk.

NOTE: A MINIMUM OF THREE (3) PEOPLE MUST SIGN UP FOR WEEKLY TRIPS IN ORDER FOR THE VAN TO DEPART

**Aquatics at UNM** - Monday, Wednesday, Friday / Van leaves at 8:30am / returns at 10:30am.  
Monday & Friday / Van leaves at 12:30pm and returns at 2:45pm  
\$1.00 admission at the pool.  
Call 880-2800 to register / slots are limited.

**Take a hike with Pat**

**Santa Fe and the International Folk Museum**

Wednesday, March 4th

Check in :8:15 am Return: 6:00 pm (Approximately )

Train trip, shuttle and access to museum are free for senior 62+



**10 Thousand Waves Spa in Santa Fe**

**Barelas Senior Center**

Thursday, March 19

Check in: 8:00 am Return: 6:00 pm (Approximately )

**SIGN UP FOR APRIL -JUNE TRIPS WILL BEGIN TUESDAY,  
March 10 at 9:00 am**

**Tome Hill**

Wednesday, April 8th

Check in 8:00 a.m. Return 3:00 p.m (Approximately)

**Santuario De Chimayo**

Thursday, April 9th

Check in 8:15 a.m Return 4:30 p.m (Approximately)

**Tent Rock**

Friday, May 15th

Check in 8:30 a.m. Return 4:00 p.m. (Approximately)

**Gilman Tunnels**

Friday, June 5th

Check in 8:30 a.m. Return 4:00 p.m. (Approximately)

**BRING SACK LUNCH**

**A Day in Madrid**

Thursday, June 18th

Check in 10:00 a.m. Return 4:00 p.m. (Approximately)



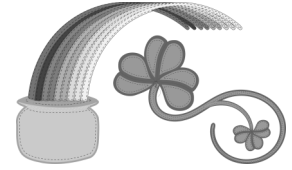
***Income Tax Assistance - What to Bring to this Local VITA Site***

***Mondays & Wednesdays— (Starting February 4th)***

***8:00 am—2:00 pm***

First-come, first-served bases; no appointment needed

Please bring the following information to your appointment:



- Picture ID for the tax payer(s) on the return
- Social Security cards or ITIN documentation for all
- Copy of last year’s tax return
- Income documents—Forms W2, SSA 1099, 1099R, 1099G, other 1099 forms, or self-employment income
- Brokerage statements—sale of stocks or bonds
- Healthcare—1095 A, B, or C; marketplace exemption letters
- Mortgage interest, medical, dental, or charitable donations; business; property taxes
- Records of federal and state taxes paid
- Educational expenses—Form 1098-T and expense receipts
- Bank check for direct deposit/debit of refund/balance due

**DSA Advisory Council Meeting**

Highland Senior Center - 131 Monroe NE

Monday, March 16 - 12:00pm

**Volunteer Information**

**Attention Retired Senior Volunteer Program (RSVP) Volunteers:** Volunteer hours are due to the RSVP office no later than the fifth (5<sup>th</sup>) 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 Central, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

**Los Volcanes Fitness Center:** Looking for a volunteer to serve on Saturdays between the hours of 8am to 4pm for 2 to 4 hours based on need. Duties would include: Scanning members as they enter the facility to workout, help answering member questions, giving a tour of the facility to interested members and answering phones. Additional assistance may be required by staff when busy and things arise. For more information, call 505-767-5255.

**Mealsite Volunteers:** Volunteers are needed to serve at various mealsites providing clerical support for the meal site coordinator, in the kitchen during meal times, calling bingo, assisting as a driver or leading activities. For more information, call 505-767-5225.

**Mileage reimbursement is available to RSVP volunteers.**

*RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.*

**IMPORTANT NUMBERS**

Meal Sites: 764-6474

Transportation: 764-6464

Police Non-Emergency Line: 242- COPS

**Air Conditioner Start-Up**

Home Services will begin accepting A/C start-up referrals as of March 11, 2019. Please call Information and Assistance at 505-764-6400 to get a referral.

**Services**



**GEHM Clinic**

Tuesday, March 10  
8:00 am - 12:30 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, March 12  
10:30 am - 12:30 pm

**Socials**



**Ice Cream Social**  
Thursday, March 12  
10:00 - 11:00 am  
**75¢**



**Pie Social**  
Thursday, March 26  
10:00 am - 11:00 am  
**Sponsored by:**  
Lorraine Chavez Insurance  
Medicare for Molina & Humana



**Birthday Cake**  
Wednesday, March 18

**El Camino Real Garden Class 101**

Join other seniors and learn how to start a garden. You will learn about gardening on a “zero budget”. Learn garden basics and the possibility of having your own vegetable and or flower garden to grow here at the center or at your own home. There is no charge for this class. Space is limited to the first 15 people who sign up at the front desk.

Friday , March 27  
9:30-11:30 am  
Presenter: Patrick Turrieta

**Senior Affairs Information and Assistance**

The Department of Senior Affairs Information and Assistance line which provides beneficial resource information and referrals to Care Coordination and Minor home Repair will be available to assist you with any concerns you may have. The Information and Assistance line also provides referrals to the Department of Senior Affairs for Home Delivered Meals, Senior Companions, and Home Services for minor home repairs.

For more information Call Information and assistance at 505-764-6400



# 5 Spring Health and Fitness Tips for Seniors

Are sunnier days and warmer temperatures reinvigorating your zest for outdoor fitness? Spring is the perfect time to get outside and exercise! Don't miss this quick guide to spring-inspired exercise ideas for seniors as well as quick health and fitness tips to remember:

**Try Something New!** Spring is the season of rebirth and rejuvenation so let it inspire you to step outside the box and try something new. When it comes to outdoor exercise for seniors, the ideas are plentiful:

- Go swimming at a natural spring or watering hole
- Take a bike ride with friends
- Go hiking or camping
- Get your jig on by dancing - Zumba, square dancing, you name it!
- Throw a frisbee or fly kites in the park with your grandkids
- Garden at home or pitch in at a community garden
- Participate in a charity walk-a-thon
- Volunteer at a river or park clean-up
- Take an outdoor yoga class
- Try a new water sport like paddle boarding or kayaking

**Stay Hydrated!** Decreased fluid intake and even a diminished sense of thirst are commonly exhibited by older adults due to physiological changes which accompany aging. When you're out and about taking part in spring activities, however, it is critical to stay hydrated and replace fluids you lose through sweating.

Seniors should try and carry a reusable water bottle around with them when possible, or set reminders on your smartphone or clock, even when you're at home so you are alerted to stay on top of your hydration. Eating water-rich fruits and veggies like cucumbers, spinach, and watermelon can also help you get enough fluids throughout the day.

**Protect Your Skin!** More sun exposure can be great as your body converts sun rays into vitamin D, however, UV radiation can also increase your risk for developing skin cancer. Did you know that the average age at which someone is diagnosed with skin cancer is actually 63?

With so many seniors at risk of developing melanoma, it's critical to follow sun protection guidelines. Apply sunscreen with an SPF 30+ to your body when spending time outdoors; and wear protective clothing and accessories like long-sleeve shirts, hats, and sunglasses. Remember to stick with light, breathable materials like cotton that won't overheat you.

**Clean Out Your Medicine Cabinet!** Don't let your health fall victim to a disorganized medicine closet. Devote some spring cleaning time to this commonly messy area and clean out empty boxes and bottles, expired medicines, and old prescriptions you no longer use. Remove any personal information and recycle what you can, and make sure to follow the directions on packages for properly disposing of medicine in the trash or down the toilet.

**Go to School!** You don't literally need to go to school; but getting educated about senior health this spring could put you a step ahead for the rest of the year. Did you know that 25% of seniors have diabetes? Or that 5 Spring Health and Fitness Tips for Seniors

Are sunnier days and warmer temperatures reinvigorating your zest for outdoor fitness? Spring is the perfect time to get outside and exercise! Don't miss this quick guide to spring-inspired exercise ideas for seniors as well as quick health and fitness tips to remember:

Try Something New! Spring is the season of rebirth and rejuvenation so let it inspire you to step outside the box and try something new. When it comes to outdoor exercise for seniors, the ideas are plentiful:



# March 2020

Reservations required 24 hours in advance

Call 764-6436

Suggested donation: \$2 for 60 & Older, \$3.25 for 50-59, all other \$7.67

Lunch is served 11:30 am – 1:00 PM



| <u>Monday</u>   | <u>Tuesday</u>  | <u>Wednesday</u>  | <u>Thursday</u>  | <u>Friday</u>  |
|---|---|---|--|--|
| <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>   |
| <ul style="list-style-type: none"> <li>◆ Green Chili Chicken Posole</li> <li>◆ Black Beans</li> <li>◆ Calabacitas</li> <li>◆ Sliced Pears</li> <li>◆ 1% Milk</li> </ul>                       | <ul style="list-style-type: none"> <li>◆ Turkey w/ Gravy</li> <li>◆ Stuffing</li> <li>◆ Mixed Vegetables</li> <li>◆ Chocolate Chip Cookie</li> <li>◆ 1% Milk</li> </ul>                         | <ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Baked Beans</li> <li>◆ Baby Carrots</li> <li>◆ Sliced Peaches</li> <li>◆ 1% Milk</li> </ul>                                | <ul style="list-style-type: none"> <li>◆ Pork Chop w/ Slice Apples</li> <li>◆ White Rice</li> <li>◆ Imperial Blend</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul>                                   | <ul style="list-style-type: none"> <li>◆ Breaded Cod w/ Tarter Sauce</li> <li>◆ Steak Fries</li> <li>◆ Coleslaw w/ Pineapple &amp; Raisins</li> <li>◆ Brownie / 1% Milk</li> </ul> |
| <b>9</b>  | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>  |
| <ul style="list-style-type: none"> <li>◆ Beef Fajitas</li> <li>◆ Flour Tortilla</li> <li>◆ Spanish Rice</li> <li>◆ Pinto Beans</li> <li>◆ Mixed Fruit</li> <li>◆ 1% Milk</li> </ul>           | <ul style="list-style-type: none"> <li>◆ Chicken Alfredo w/ Penne Pasta</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ Garlic Bread Stick</li> <li>◆ Vanilla Pudding</li> </ul>                 | <ul style="list-style-type: none"> <li>◆ Baked Ham w/ Pineapple Glaze</li> <li>◆ Rice Pilaf</li> <li>◆ Baby Carrots</li> <li>◆ Yogurt w/ Granola</li> <li>◆ 1% Milk</li> </ul>              | <ul style="list-style-type: none"> <li>◆ Chicken Fried Steak w/ Grilled Onions</li> <li>◆ Roasted Red Potatoes</li> <li>◆ Brussel Sprouts</li> <li>◆ Sugar Cookie</li> <li>◆ 1% Milk</li> </ul>      | <ul style="list-style-type: none"> <li>◆ Baked Ziti w/ Mozzarella</li> <li>◆ Mixed Vegetable</li> <li>◆ Garlic Bread Stick</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul>          |
| <b>16</b>   | <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>  |
| <ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Butter Baby Carrots</li> <li>◆ Mashed Potato w/ Gravy</li> <li>◆ Banana</li> </ul> | <ul style="list-style-type: none"> <li>◆ Corned Beef</li> <li>◆ Cornbread</li> <li>◆ Red Potatoes</li> <li>◆ Cabbage</li> <li>◆ Green Jello</li> <li>◆ 1% Milk</li> </ul>                       | <ul style="list-style-type: none"> <li>◆ Red Chili Dog w/ Cheese &amp; Onions</li> <li>◆ Tatar Tots</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Mandarin Orange</li> <li>◆ 1% Milk</li> </ul> | <ul style="list-style-type: none"> <li>◆ Green Chili Meatloaf w/ Aus Jus</li> <li>◆ Brown Rice</li> <li>◆ Malibu Blend Vegetables</li> <li>◆ Sliced Peaches</li> <li>◆ 1% Milk</li> </ul>            | <ul style="list-style-type: none"> <li>◆ Loaded Baked Potato w/ Cheese, Broccoli &amp; chives</li> <li>◆ Oriental Blend Vegetables</li> <li>◆ Biscuit /Apple Crisp</li> </ul>      |
| <b>23</b>   | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>  |
| <ul style="list-style-type: none"> <li>◆ BBQ Chicken Thigh</li> <li>◆ Baked Beans</li> <li>◆ Corn Bread</li> <li>◆ Coleslaw w/ Pineapple &amp; Raisins</li> <li>◆ 1% Milk</li> </ul>          | <ul style="list-style-type: none"> <li>◆ Swedish Meatballs</li> <li>◆ White Rice</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Apricots/1% Milk</li> </ul> | <ul style="list-style-type: none"> <li>◆ Turkey Pot Pie &amp; Biscuit</li> <li>◆ Au Gratin Potato</li> <li>◆ Imperial Vegetables</li> <li>◆ Apple Sauce</li> <li>◆ 1% Milk</li> </ul>       | <ul style="list-style-type: none"> <li>◆ Red Beef Enchiladas</li> <li>◆ Black Beans</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Flour Tortilla</li> <li>◆ Sliced Peaches</li> <li>◆ 1% Milk</li> </ul> | <ul style="list-style-type: none"> <li>◆ Cajun Tilapia</li> <li>◆ Pasta w/Garlic Butter Sauce</li> <li>◆ Italian Vegetables</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul>        |

## MEAL SITE PARTICIPANT CODE OF CONDUCT

In order that participants may have a pleasant experience utilizing COA DSA programs, participants are expected to respect the rights of others. Participants will adhere to the following behaviors;

Maintain personal hygiene that is not offensive or unhealthy .

Use voice and behavior that will not disturb other participants.

Use language that other participants and staff will not find obscene, abusive or sexually offensive.

Show courtesy to other participants and staff.

Show consideration for the diversity of the staff and other participants.

Treat materials, equipment, furniture, grounds, and facility with respect.