

# 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)

### CENTER STAFF

**Julio Santiesteban**  
Center Manager

**Janelle Apodaca**  
Program Coordinator

**Catherine Romero**  
Office Assistant

**Evelyn Ulibarri**  
Program Assistant

**Laura Baca**  
General Service Worker

**Jose Olivas**  
Cook

**Cynthia Garcia**  
Kitchen Aide

**SAVE THE DATE!**

**50+ SENIOR TECH CONNECT**

A chance for older adults to explore today's technology

**APRIL 14, 2023**

🕒 8:30 A.M. to 12:30 p.m.  
📍 Palo Duro Senior Center

- PRIZES
- FUN TIMES
- REFRESHMENTS
- DEMONSTRATIONS
- HANDS-ON LEARNING

INTERESTED IN BECOMING A SPONSOR?  
CALL (505) 768-3862 FOR MORE INFORMATION

ONE ALBUQUERQUE senior affairs | diverselT | TEENIORS

*Come check out these  
two great  
events!*

ONE ALBUQUERQUE senior affairs  
**RQUE**

**Senior Easter Day**

Thursday, April 6th - 2:00 - 4:00 pm  
At Bear Canyon Senior Center/Ernie Taylor Park

Join Us for Some Easter Activities

- Easter Egg Grab
- Candy Jar Count (guess how many Jelly Beans are in the jar)
- Decorated Bonnet Contest (Wear your decorated Easter Bonnet - Prize for Winner)
- Cornhole

Free Popcorn & Refreshments

**H** Humana  
Treats Sponsored by Humana

Come see the Easter Bunny!



# 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 - 12:00 pm

Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm

Crochet with Rafaelita- Thursday 10:30 am -1:00 pm

## Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am

Line Dance - High Beginner- Wednesday 10:15 am - 11:15 am

Line Dance- Intermediate - Friday 9:30 am - 11:00 am



## Cards & Games

Billiards

Cards and Puzzles

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

Bingo - Tuesday 2:00 pm - 4:15 pm

## Exercise

Pilates- Monday 8:30 am - 9:30 am

Pickleball - Monday 1:30 pm - 3:30 pm

\*Senior Aerobics - Tuesday 10:00 am - 11:00 am

\*Senior Aerobics - Thursday 1:30 pm - 2:30 pm

Yoga - Thursday 9:00 am - 10:00 am

Tai Chi for Health - Thursday, 1:15 pm - 2:15 pm



## Garden

April 12th at 11:00 am Barelvas Greenhouse Garden Gathering & Update!

Monthly gathering: Second Wednesday Monthly - Everyone Welcome!

## Language

Italian - Thursday 1:30 pm - 2:20 pm

Spanish - Wednesday 1:00 pm - 2:00 pm

## **Dance to Live Music**

**\$3/person**

**Fridays**

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



**April 7th**

**April 14th**

**April 21st**

**April 28th**

**No Dance**

**Impresion**

**Milagro**

**La Raza**



## Trips

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

### Senior Easter Day at Bear Canyon

Thursday, April 6th

Check In: 1:20 pm - Return 4:30 pm

Lunch reservations

### Mineral Museum in Socorro

Wednesday, April 12th

Check In: 8:45 am Return 4:00 pm

Lunch at your own expense

### Senior Tech Fair

Friday, April 14th

Check in: 8:20 am Return 1:00 pm

Lunch Reservations

## Need a Ride to Visit Your Loved One?

Santa Fe National Cemetery Visitation Opportunity

The New Mexico Rail Runner Express along with local organizations is providing a limited number of seniors, from each of our senior centers, a round-trip to the cemetery.

Participation is limited.

**April 19th, May 17th, & June 14th**

**Sign up at the front desk.**

Seniors must be a registered member.



## Introducing DSA's New Volunteer Program for ALL-AGES:

### VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless! Visit [oneabqvolunteers.com](http://oneabqvolunteers.com), select "Serve with Seniors", and click "Respond" to sign-up now!

## EARTH DAY CELEBRATION!

Come celebrate Earth Day with us!  
Plant give aways and earth friendly tips!

**Friday, April 21st**

**10:00 am - 11:15 am**



## Estate Planning

Join the Senior Citizens Law Office for an 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.

### Barelas

Wednesday, April 19th

10:00 am - 11:30

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





## Do you need help with you cell phone, laptop, or tablet?

We have four opportunities for you to get one on one help with Teeniors!



Thursday, April 6th

Thursday, April 20th

Tuesday, April 11th

Thursday, April 27th

### Barelas

3:00 pm - 5:00 pm

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



### Beginner Spanish Class

Do you want to learn Spanish? We are starting a new Beginner Spanish Class in May. Wednesday's, 2:15 pm - 3:15 pm. Space is limited.

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



### 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.



**Thursday, April 13th**  
**10:30 am - 12:30 pm**

### April Birthday Celebration

Come enjoy a piece of cake and celebrate the diamonds of April!

**Tuesday, April 18th 1:00 pm**

Sponsored by  
Oak Street Health



### Movies

#### The Greatest Showman

Wednesday, April 12th

1:15 pm

Rated PG



#### Glass Onion

Wednesday, April 26th

1:15 pm

Rated PG-13



### GEHM Clinic

**Tuesday, April 18th & Wednesday, April 19th**

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, April 17th at noon

Barelas Senior Center - 714 7th St. SW, 87102