

Barelas Senior Center



Director
Anna M. Sanchez



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505-764-6436

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

Sweet Soiree

Valentine Dance

It's a lovely time to dance the day away with someone special and some sweet tunes.

Music by Paul Pino and the Tone Daddies

Barelas

Friday, February 10th

1:30 pm - 4:00 pm

\$3 per person



Celebrate Black History Month

February is Black History Month.

Join us for a musical performance by, Kobiana. Kobiana will be playing African drums and an akonting (African banjo). He will also be talking about life and stories of Senegal.



Friday, February 17th

10:45 am



Heart Pumping Dancing with Julio

February is American Heart Month!

A healthy diet and movement are so important to a strong heart! Come get your heart pumping with a special dance exercise class with, Julio.



Barelas

Wednesday, February 15th

1:30 pm - 2:30 pm

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 - 12:00 pm **Starts Feb. 7th.**

Call for information

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

***Tentatively starting 2/14
Check with front desk**



Garden

Garden Monthly Gathering: Second Wednesday of every month at 11:00 am

Next Gathering: February 8th 11:00 am

Valentine's Party Date TBD

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

February 3rd

La Raza

February 10th

Paul Pino & The Tone Daddies

February 17th

Enchanted Four

February 24th

Impresion



Trips

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

Museum of Indian Arts & Culture

Wednesday, February 8th

Check In: 8:45 am - Return 6:00 pm

Lunch at your own expense



Holocaust Museum

Thursday, February 23rd

Check in: 12:30 pm Return 3:00 pm

Lunch reservation

Simple Steps to Prevent Falls

You are cordially invited to join us for a Programs in a Box

Presentation: Simple Steps to Prevent Falls.

This is a community event presented by Oak Street Health.

Light snacks and refreshments provided.

Humana.

Barelas

Monday, February 13th

10:00 am - 12:00 pm



Computer Lab Time Change

The computer lab will be closed on Mondays and Wednesdays from February - April.

The computer in the lobby will still be available.

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, February 9th

10:30 am - 12:30 pm

Landlord -Tenant Law Presentation.

Landlord-Tenant Law in New Mexico: Join Senior Citizens' Law Office to learn about the obligations and rights of landlords and tenants. Note: the presenter will only be able to answer general questions, and cannot give personal legal advice.

Barelas

Wednesday, February 22, 2023

10:00 am - 11:30 am

Sign up at the front desk



Las Voces de Coronado

Come listen to the coro, Las Voces de Coronado from Coronado Dual Language Magnet School.

Friday,

February 24th

10:45 am



Flu & COVID-19 Vaccine Shot Clinic

All Ages Welcome, Walk-Ins Accepted
No insurance required - Please bring COVID-19 vaccination card for booster update. If applicable please bring your Medicare card.

Thursday, February 9th

9:00 am - 12:00 pm

We are CLOSED
Monday, February 20th
in honor of
President's Day



Sweets for the Sweet
Come celebrate Valentine's Day with us and enjoy some sweet treats!

Tuesday, February 14th
1:00 pm

Sponsored by
 **PRESBYTERIAN**

Groundhog Day Pie

Will the groundhog see his shadow? Will there be 6 more weeks of winter?

Whatever happens, let's celebrate with pie!

Thursday, February 2nd

10:15 am

.75 a slice



GEHM Clinic

Wednesday, February 15th

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.

Vendors Wanted for our Big Spring Clean Flea Market

It's time to clear out the old and make room for new treasures.

We are looking for vendors for our huge Spring Flea Market on Thursday, March 23rd.

Sign up at the front desk



Senior Tech Help

Do you need help with your cell phone, tablet, or laptop? Come get one on one help!

Tuesday, February 7th &

Tuesday, February 21st

10:00 am - 11:00 am

with Steven

Friday, February 17th

3:00 pm - 5:00 pm

with



Movies

Marshall

Wednesday, February 8th

1:15 pm

Rated PG-13

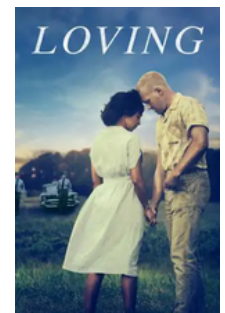


Loving

Wednesday, February 22nd

1:15 pm

Rated PG-13



February Birthday Celebration

Come enjoy a piece of cake and celebrate our January babies!

Tuesday, February 21st 1:00 pm

Sponsored by Oak Street Health



Advisory Council Meeting

Monday, February 27th at noon

North Domingo Multigeneration Center - 7521 Carmel Ave NE, 87113