

Barelas Senior Center



Director
Anna M. Sanchez



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



Lovebirds Ball

Come join us for a sweet special dance celebrating love and friendship.

Music by Mr. Gill
featuring Eva Torrez

Wednesday, February 14th

1:30 pm - 3:30 pm

\$2

(Light Refreshments)



ABQ: Free Tech Help for Seniors!

- Palo Duro Senior Ctr.....Thurs, Feb 1 | 3:00-5:00p
- Bear Canyon Senior Ctr.....Fri, Feb 2 | 3:00-5:00p
- North Domingo Baca Ctr.....Thurs, Feb 8 | 3:00-5:00p
- Barelas Senior Ctr.....Fri, Feb 9 | 3:00-5:00p
- Los Volcanes Senior Ctr.....Wed, Feb 21 | 3:00-5:00p
- Manzano Mesa Ctr.....Fri, Feb 23 | 4:00-6:00p
- Highland Senior Ctr.....Wed, Feb 28 | 4:00-6:00p
- North Valley Senior Ctr.....Wed, Feb 29 | 3:00-5:00p

RSVP by contacting your senior center above!
Questions? Contact: teeniors@gmail.com | (505) 600-1297

IN-PERSON | Free & Open to All !



teeniors.com

Accredited by National Institute of Senior Centers

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
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm
 Crotchet - Tuesday 10:00 am - 11:00 am
 Crochet with Rafaelita- Thursday 10:30 am -1:00 pm
 Art Meditation - Monday 10:30 am - 11:30 am



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 - Monday-Friday 8:00 am - 5:00 pm
 Cards - Monday- Friday 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 Aerobics - Tuesday 10:00 am - 11:00 am
 Yoga - Thursday 9:00 am - 10:00 am
 Tai Chi for Health - **Thursday, February 1st 1:15 pm - 2:15 pm**

Garden

Greenhouse Garden Gathering Monthly Meeting
Wednesday, February 21st 11:00 am - 12:00 pm

Language

Italian - Thursday 1:30 pm - 2:20 pm
 Spanish: Beginner - Tuesday 1:00 pm - 2:00pm
 Spanish: Beginner II - Wednesday 2:15 pm - 3:15 pm
 Spanish: Intermediate - Wednesday 1:00 pm - 2:00 pm



Dance to Live Music

\$3/person

Friday's

1:30 pm - 4:00 pm

February 2nd

Paul Pino & The Tone Daddies

February 9th

Milagro

February 16th

La Raza

February 23rd

Latin Soul



Trips

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

Albuquerque Museum

Wednesday, February 7th

Check in: 9:00 am Return 2:00 pm

Lunch at your own expense

Lunch Out on the Town

Cracker Barrel

Thursday, February 15th

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

Lunch at your own expense

Natural History Museum

Wednesday, February 28th

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

Free admission 60+ w/ID

Lunch at your own expense

We will be CLOSED

**Monday, February 19th
in honor of Presidents Day.**



Massage

Would you like to get a gentle massage that is specifically made for seniors? Geriatric Massage can help improve circulation & posture, reduce stiffness & inflammation.



Tuesday, February 20th

Sign up at the front desk for an appointment and get more information

Caring for Someone with Dementia

Barelas Senior Center

714 7th St. SW

Albuquerque NM 87102

Real world solutions addressing questions that arise during the course of caring for someone with dementia.



Feb 2nd 9:00am-11:30am
Caring in the Early Stage

Feb 16th 9:00am-11:30am
Caring in the Middle Stage

Feb 23rd 9:00am-11:00am
Caring in the Late Stage

Classes are **FREE** and in person!

This series is an in-depth description of this progressive disease. Information is provided about common symptoms and behaviors and shares strategies for caregivers to manage these sometimes difficult situations.

To register, please email: nmprograms@alz.org or call: 1-505-266-4473.



Heart Health Month



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 Senior Aerobics Class with Carrie Anne & get your blood pressure checked with Presbyterian CHW's.

Tuesday, February 27th

10:00 am - 11:00 am



Teeniors

Teeniors will be here to work one on one with your technology questions. Sign up at the front desk or call 505-764-6436.

Barelas

Friday, February 9th

3:00 pm - 5:00 pm



Would you like a sweet new look?!

Aveda Institute students are offering haircuts for only \$5.

Sign up at the front desk.

Barelas

Wednesday, February 21st

9:15 am

**Tips appreciated*



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, February 8th

10:30 am - 12:30 pm



Funeral Planning Presentation

You are invited to join us for a Peace of Mind presentation to learn about the benefits of advanced funeral planning. We will address the most common questions to help you understand why preplanning is such a gift to give your family.

Presented by Barbara Shelton.

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

Wednesday, February 7th

10:00 am - 11:00 am

Las Voces de Coronado

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

Barelas

Friday, February 23rd

10:30 am



"A Senior I Know" Essay Contest

Join the City of Albuquerque's 42nd annual "A Senior I Know" Essay Contest* for youth grades 1st-5th

ENTER TO WIN PRIZES

Essay Submissions due
February 14, 2024 at 5:00 pm



Visit the DSA Youth Website for more information
Or
Call (505) 275-8731



Coming Soon!

The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

February Birthday Celebration

Come enjoy a piece of cake and celebrate our February birthdays!

Tuesday, February 20th

1:00 pm



Leap Into a Sundae

Let's celebrate leap day by enjoying life and leaping into a yummy sundae!

Thursday, February 29th

10:00 am

welcare™



Barbie

Wednesday, February 7th

1:15 pm

Rated PG-13



Movies Days

Oppenheimer

Wednesday, February 21st

1:15 pm

Rated R

Made in New Mexico



GEHM Clinic

Tuesday, February 20th & Wednesday, February 21st

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, February 26th at noon

Bear Canyon Senior Center: 4645 Pitt NE, 87111 .