

# 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

**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

## New Year, New Changes, New Faces

Every new year brings changes and 2024 will bring new changes to Barelas Senior Center. The one and only, Julio Santiesteban will be leaving as the Center Manager. Julio, contributed so much to our center including a lot of laughter and heart. He will be greatly missed, but we wish him the best at his new adventure as the Center Manager at Los Volcanes Senior Center. Make sure to go visit him when you can.

Please welcome our new Center Manager, America Bencomo. America has been with Senior Affairs for almost 19 years and has been the Center Manager at Los Volcanes for the past two years. America will be a great addition to our beloved center. Make sure to give her a warm Barelas welcome!

Hopefully, many of you have met or talked with our new Program Assistant, Johanna Rodriguez. Johanna, recently lived in Spain, teaching English to elementary students and is a graduate of UNM. Johanna, is very friendly and has been working wonderfully with the staff and seniors.

All of us at Barelas look forward to another fantastic year of comradery and fun.

**We are thankful for all of our Barelas Seniors  
and wish you all a wonderful  
New Year!**



# 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 - 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

Cards, Games, and 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, January 4th 1:15 pm - 2:15 pm**

## Garden

Greenhouse Garden Gathering Monthly Meeting

3rd Monday of the month January 15th 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**

**January 5th**

**January 12th**

**January 19th**

**January 26th**

**Milagro**

**Chili Beans Express**

**Antonio y Los Unicos**

**Enchanted Four**



## Trips

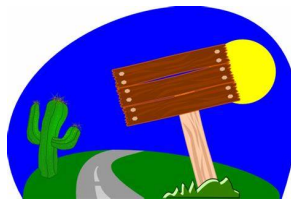
A minimum of three people must sign up for weekly trips in order for the van to depart.

### NM State Legislature Senior Day

Date to be announced

Check in: 8:00 am Return 4:00 pm

Lunch at your own expense



### Belen Matanza

Saturday, January 27th

Check In: 8:00 am Return 2:00 pm

\$20 Fee

**We will be CLOSED**  
**Monday, January 1st**  
**in honor of New Years Day.**

# 2024

**We will be CLOSED**  
**Monday, January 15th**  
**in honor of**  
**Martin Luther King Jr.**  
**Day**



### AARP Smart Driver

This four hour class provides techniques for coping with change in vision, hearing, & reaction time, along with the rules of the road. Anyone 50+ may take this class & may receive a discount on insurance premiums.

Cost: \$20 for AAARP Members \$25 for non-AARP Members

(Checks or Money Orders ONLY Accepted. NO CASH)

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

Scheduled the third Wednesday of every month, 12:30 pm- 4:30 pm



### Pie Social

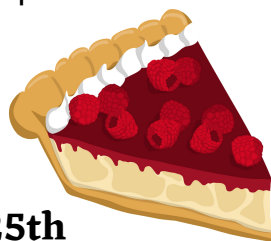
Come join us for a slice of pie & good company.

75¢ a slice

**Barelass**

**Thursday, January 25th**

**10:00 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**

**Wednesday, January 17th**

**3:00 pm - 5:00 pm**



### Start the New Year with a new haircut!!

Aveda Institute students are offering

New Year haircuts for only \$5.

Sign up at the front desk.

**Barelas**

**Wednesday, January 17th**

**9:15 am**

*\*Tips appreciated*

 Aveda INSTITUTE

### 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, January 11th**

**10:30 am - 12:30 pm**



# Happy New Year

## Hello, 2024 Dance

Come celebrate the beginning of a great New Year with us!

Music by Milagro

\$3

Friday, January 5th

1:30 pm - 4:00 pm

Come share a toast with us!



## Crotchet Class

Come crotchet with us! All levels are welcome to join this new class.

Starts Tuesday, January 9th

10:00 am - 11:00 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.

Barelas

Friday, January 26th

10:30 am



## January Birthday Celebration

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

Tuesday, January 16th

1:00 pm



## Step It Up

We are seeking help leading our Senior Aerobics class on Tuesday's at 10:00 am. If you are willing to volunteer even temporarily, please contact Janelle 505-764-6436



## Movies Days

### Indiana Jones & The Dial of Destiny

Wednesday, January 10th

1:15 pm

Rated PG-13



### Frybread Face & Me

Wednesday, January 24th

1:15 pm

Rated PG-13

Made in New Mexico



## GEHM Clinic

Wednesday, January 17th

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, January 22nd at noon

Palo Duro Senior Center: 5221 Palo Duro NE, 87110 .