

Barelas Senior Center



Director
Anna M. Sanchez



714 Seventh St SW
Albuquerque, N.M 87102
505-764-6436

www.cabq.gov/seniors

Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 19, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director
Department of Senior Affairs



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 **CANCELLED**: Will return Sept. 6th

Offbeat Artists- 1st & 3rd Friday 1:00 - 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 10:15am - 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 - Tuesdays 2:00pm - 4:15 pm



Exercise

Pilates- Mondays 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 9:00am-10:00 am

Tai Chi for Health -Thursdays 1:15 pm - 2:15 pm



Garden

On going garden activities

Language

Italian - Thursdays 1:30 pm - 2:30 pm (Will Resume May 19th)

Spanish - Wednesdays 1:00 pm - 2:00 pm

Dance to Live Music



\$3/person

Fridays

1:30 pm - 4:00 pm

June 3rd

Latin Soul

June 10th

Tino's Band

June 17th

La Raza

June 24th

Impresion



CLOSED

Barelas Senior Center will be closed

Monday, June 20th

in honor of Juneteenth





Spanish Class

Would you like to learn more Spanish?

Come check out our new class!

Wednesdays, 1:00 pm - 2:00 pm

Sign up at the front desk



Trips

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

Wildlife West Nature Park

Wednesday, June 8th

Check In: 9:30 am - Return 2:00 pm

Cost: \$2



Walmart

Monday, June 6th & June 27th

Check in: 9:30 am Return : 11:30 pm

Los Golondrinas

Herb & Lavender Festival

Saturday, June 18th

Check in: 9:00 am Return: 4:00 pm

Cost: \$7.44

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, June 9th

10:30 am - 12:30 pm

Real ID Workshop

Wednesday, June 29th

10:00 - 11:30 am



Join Senior Citizens' Law Office to learn about issues seniors are facing in getting their driver's license or state ID card. Topics will include the REAL ID Act; different types of licenses; common problems, and possible solutions. Please sign-up in advance. The attorney will be available to meet one-on-one afterward to review documents and give personal advice for attendees.

Sign-Up at Front Desk

GEHM Clinic

Wednesday, June 22nd

8:30 AM - 11:00 AM

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.



Movies

Death on the Nile

Wednesday, June 8th

1:15 pm

PG-13



Crazy Stupid Love

Wednesday, June 22nd

1:15 pm

PG-13



Father's Day Floats & Fun!

Let's celebrate Father's with some ice cream!

Come enjoy a root beer float, play some corn hole, & maybe a game of cards.

Friday, June 17th

10:30 am

Pie Social

Come have a slice of wonderful pie!!

.75 cents a slice

Thursday, June 23rd

10:00 am - 10:30 am



June Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, June 21st 1:00 pm

Sponsored by Oak Street Health



Come enjoy the music of Senegal

Come enjoy music by Kobiana, a musician from Senegal. Kobiana will be playing African drums and an akonting(African banjo). He will also be talking about life and stories of Senegal.

Friday, June 24th

10:45 am - 11:15 am



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

Do you have a special talent you want to share?

We are always looking for new instructors for classes of exercise, art, or any other activity you would like to share!

Contact the front desk if you want to help out or call 505-764-6436.



FREE 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 Part B Identification Card

Tuesday, June 28th

9:00 am - 12:00 pm



Advisory Council meeting

CASA Kitchen – 2540 Karsten Ct SE, 87102

June 27, 2022

Noon-2:00 pm