

# 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

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit [cabq.gov/seniors/](http://cabq.gov/seniors/).

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email [servewithseniors@cabq.gov](mailto:servewithseniors@cabq.gov).

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelas Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,  
Anna M. Sanchez, Director



# 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 - 8:00 am - 5:00 pm  
 Cards - 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

## Garden

Greenhouse Garden Gathering Monthly Meeting  
 Wednesday, March 20th 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**

**Fridays**

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

**March 1st**

**Milagro**

**March 8th**

**Chili Beans Express**

**March 15th**

**Paul Pino & The Tone Daddies**

**March 22nd**

**Desert Springs**



## Trips

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

### Santuario de Chimayo

Friday, March 22nd

Check in: 8:15 am Return 4:30 pm

Lunch at your own expense

### City of ABQ Greenhouse

Tuesday, March 26th

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

Lunch at your own expense

### St. Patricks Luncheon

Make your reservations for the St. Patrick's luncheon on Monday, March 18th.

Serving: Corned Beef, Cornbread, Rosemary Potatoes, Cabbage, & a Sugar cookie.

*Make reservation by 1:00 pm on Friday, March 15th.*

### Big Spring Clean Flea Market

Come shop for some great treasures and wonderful finds at our HUGE Spring Flea Market!



**Thursday,  
March 21st**

**8:30 am - 11:00 am**

### Let's celebrate Pi Day!

There are 3.14... reasons to celebrate this day! Circle around and come celebrate Pi Day!

**Thursday, March 14th**

**10:00 am**

**Sponsored by**



### EMS Wellness Studios Inc. Students

Free Meditation, Stretching and Blood Pressure Check!



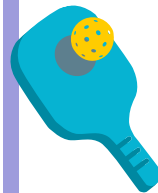
Barelas

**Thursday, March 28th**

**1:30 pm - 5:00 pm**

### Pickleball Monday Fun Day!

Pickleball is the fastest growing sport in the U.S. It is a great time and we are celebrating the fun of pickleball!



Refreshments served

**Monday, March 11th**

**1:30 pm - 3:30 pm**



### Coffee with Constituents

Center members are encouraged to visit with Senior Affairs Director, during *Coffee with Constituents*. This provides an opportunity to discuss any concerns, ask questions as well as a time to share what is important to you with members of the Senior Affairs leadership.



**Barelas**

**Thursday, March 21st**

**8:30 am—9:30 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, March 13th**

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

### Spring into a new look!

Aveda Institute students are offering Spring haircuts for only \$5. Sign up at the front desk.



**Barelas**

**Wednesday, March 20th**

**9:15 am**

 AVEDA INSTITUTE

*\*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, March 14th**

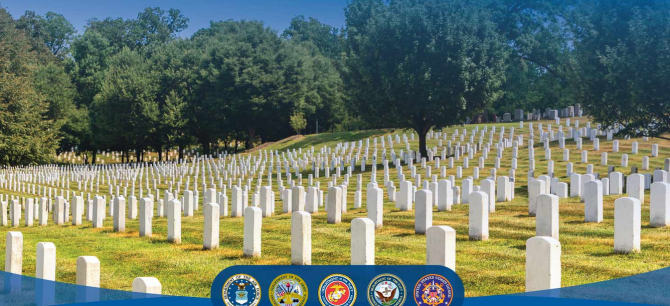
**10:30 am - 12:30 pm**

# Need a Ride to Visit Your Loved One?

**2024** Santa Fe National Cemetery Visitation Opportunity

## Three Trips Available On The Following Dates

Wednesday April 10, 2024 **Deadline – April 1, 2024**  
 Wednesday May 15, 2024 **Deadline – May 6, 2024**  
 Wednesday June 12, 2024 **Deadline – June 3, 2024**



### Please sign up at the front desk

Participation is **limited to the first 5 that sign up.** Seniors must be registered members of their senior center



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. Your ride begins in Albuquerque and takes you there and back.



## March Birthday Celebration

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

**Tuesday, March 19th**

**1:00 pm**



### The Hill

Wednesday, March 13th

1:15 pm

Rated PG

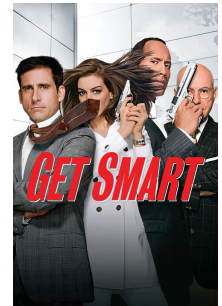
## Movies Days

### Get Smart

Wednesday, March 27th

1:15 pm

Rated PG-13



## GEHM Clinic

**Tuesday, March 19th & Wednesday, March 20th**

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, March 18th at noon

Los Volcanes Senior Center: 6500 Los Volcanes NW, 87121

## Shamrock Shake

Come join us for a lucky good time! Wear your green, dancing shoes, & let's celebrate the luck of the Irish!



Music by

**Paul Pino & The Tone Daddies**

**Friday, March 15th**

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

**\$3**



## Would you like to learn about Facebook?

Come learn how to log in, post, find groups, & local events. Bring all your Facebook questions!

Sign up at the front desk

televēda

**Thursday, March 28th**

**10:00 am - 11:00 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.

**Tuesday, March 19th**


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

**Sign up at the front desk**



The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
26 <ul style="list-style-type: none"> <li>Carne adovada, red chile</li> <li>Flour tortilla</li> <li>Collard greens</li> <li>Spanish rice</li> <li>Orange</li> <li>1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>Chicken soft tacos</li> <li>Spanish rice</li> <li>Corn w/red peppers</li> <li>Cookie</li> <li>1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Baked beans</li> <li>Steamed carrots</li> <li>Peaches</li> <li>1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>Swedish meatballs w/ gravy</li> <li>Steamed green beans</li> <li>Blueberry cobbler</li> <li>1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>Salmon w/garlic sauce</li> <li>Angel hair pasta w/ diced tomatoes</li> <li>Spinach</li> <li>Jell-O</li> <li>1% milk</li> </ul> 
4 <ul style="list-style-type: none"> <li>Diced pork over rice</li> <li>Yams</li> <li>Imperial blend vegetables</li> <li>Orange</li> <li>1% milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>Turkey w/gravy</li> <li>Stuffing</li> <li>Peas and carrots</li> <li>Chocolate chip cookie</li> <li>1% milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>Beef steak w/grilled onions</li> <li>Roasted red potatoes</li> <li>Brussel sprouts</li> <li>Sugar cookie</li> <li>1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>Breaded cod w/tartar sauce</li> <li>Steak fries w/ketchup</li> <li>Peas</li> <li>Brownie</li> <li>1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>Green chile posole</li> <li>Black beans</li> <li>Calabacitas</li> <li>Pears cupped</li> <li>1% milk</li> </ul> 
11 <ul style="list-style-type: none"> <li>Beef fajitas</li> <li>Pinto beans</li> <li>Collard greens</li> <li>Flour tortilla</li> <li>Mixed fruit cup</li> <li>1% milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>Chicken alfredo w/ penne pasta</li> <li>Green beans w/ mushrooms</li> <li>Garlic bread stick</li> <li>Orange</li> <li>1% milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>Baked ham w/ pineapple</li> <li>sauce Rice pilaf</li> <li>Baby carrots</li> <li>Yogurt</li> <li>1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>Red chile omelet</li> <li>Rosemary potatoes</li> <li>Spinach</li> <li>Pineapples cupped</li> <li>1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>Minestrone soup w/ navy beans</li> <li>Cornbread</li> <li>Malibu vegetable blend</li> <li>Banana</li> <li>1% milk</li> </ul> 
18 <ul style="list-style-type: none"> <li>Corned beef</li> <li>Cornbread</li> <li>Rosemary potatoes</li> <li>Cabbage</li> <li>Sugar cookie</li> <li>1% milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>Rotisserie chicken</li> <li>Mashed potato w/gravy</li> <li>Steamed carrots</li> <li>Dinner roll w/margarine</li> <li>Peaches</li> <li>1% milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>BBQ pulled pork</li> <li>Tater tots w/ketchup</li> <li>Corn w/red peppers</li> <li>Mandarin oranges cupped</li> <li>1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>Red chile cheese enchiladas</li> <li>Pinto beans</li> <li>Spanish rice</li> <li>Flour tortilla</li> <li>Peaches</li> <li>1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>Baked ziti</li> <li>Mixed vegetables</li> <li>Garlic bread stick</li> <li>Red apple</li> <li>1% milk</li> </ul> 
25 <ul style="list-style-type: none"> <li>BBQ chicken thigh</li> <li>Baked beans</li> <li>Mashed potatoes</li> <li>Dinner roll w/ margarine</li> <li>Orange</li> <li>1% milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>Red chile pork posole</li> <li>Corn w/red peppers</li> <li>Blueberry cobbler</li> <li>Flour tortilla</li> <li>1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>Turkey pot pie</li> <li>Au gratin potatoes</li> <li>Imperial blend vegetables</li> <li>Applesauce</li> <li>1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>Loaded baked potato w/green chile cheese</li> <li>Oriental blend vegetables</li> <li>Apple crisp</li> <li>1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>Cajun tilapia over rice</li> <li>Pasta w/garlic butter blend</li> <li>Italian vegetable blend</li> <li>Granny Smith apple</li> <li>1% milk</li> </ul> 