

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

Let's Trim the Tree

Come enjoy good company and a fun time as we decorate the tree. Warm up with some hot chocolate and enjoy some sweet treats!

Friday, December 2nd

9:30 am - 11:00 am



Jingle and Mingle Dance

Join us for a special dance celebrating a wonderful time of the year! Refreshments served.

Music by Chili Bean Express

Barelas

Wednesday, December 14th

1:30 - 3:30 pm

\$3



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 Aid

ONE
ALBUQUERQUE



NEW Items Needed:

- Socks
- Cleaning Supplies/Laundry Soap
- Slippers/Robes
- Word Search (Large Print)
- Large Puzzles
- Adult Coloring Books/Crayons
- Calendars
- Manicure Sets
- Adult Depends
- Tissue/Toilet Paper
- Protein Drinks/Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)
- Large Gift Bags

NEW & UNUSED ITEMS ONLY PLEASE

Senior Affairs
cabq.gov/seniors
505-764-6400

'Tis The Season For Giving

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations.

Drop off locations until December 16:

- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD substation (Rio Grande Blvd. & Central Ave.)

For more information or drop off location hours and directions, call 505-764-6400.

cabq.gov/seniors

**All City of Albuquerque
Senior Meal Sites, as
well as Senior,
Multigenerational, and
50+ & Fitness Centers
will be CLOSED**

**Thursday,
December 8, 2022
for a mandatory
department-wide staff
training.**

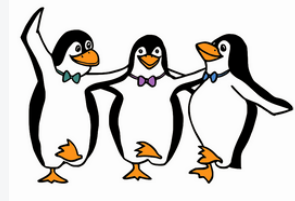




Activities

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 - 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 -Thursday, **December 15th only 1:15 pm - 2:15 pm**



Garden

On going garden activities

Language

Italian - Thursdays **Cancelled until further notice**
 Spanish - **NO Classes in December.**
Classes resume January 4th, 1:00 - 2:00 pm

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

December 2nd

Tino's Band

December 9th

Paul Pino & The Tone Daddies

**December 14th*

*Chili Bean Express**

December 16th

Enchanted Four

December 23rd

No Dance

**December 30th*

*La Raza**



Trips

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

Old Town Holiday Stroll

Friday, December 2nd

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



Christmas in Santa Fe

Wednesday, December 14th

Check In: 8:20 am - Return 5:00 pm

Spirits & Sparkles New Years Eve Dance

Let's dance, celebrate, toast, and hope for a wonderful shiny New Year!

Music by La Raza

Friday, December 30th

1:30 - 4:00 pm

\$3

Free admission if you donate 3 or more items of non-perishable foods.



DEPARTMENT OF SENIOR AFFAIRS
ANNUAL

Festive Holiday Luncheon

Sunday, December 25, 2022
11 AM - 1 PM

Join us for lots of holiday cheer, live music entertainment and a traditional holiday lunch at
Los Volcanes Senior Center
6500 Los Volcanes NW 87121

\$4
Per Person

Call for Reservation & Pre-Payment Details:
505-767-5999

ONE ALBUQUE RQUE
cabq.gov/seniors

Manzano Day School Sings

Come be entertained by the 3rd graders from Manzano Day School. They will be singing and visiting during lunch.

Wednesday, December 14th

11:30 - 12:00

Holiday Luncheon

Come join us for our Holiday Lunch!
Roast Beef w/Gravy, mashed potatoes, peas w/carrots, roll, strawberries w/pound cake

Reserve the day before by 1:00 pm

Friday, December 23rd

11:30 am - 1:00 pm



Las Voces de Coronado

Come listen to the coro, Las Voces de Coronado from Coronado Dual Language Magnet School. Come enjoy their sweet voices!

Friday,

December 16th

10:45 am



**We are CLOSED
Monday,
December 26th
in honor of
Christmas.**



**We are CLOSED
Monday,
January 2nd
in honor of
New Years.**

Do you want to improve your computer skills?

We are offering two classes this month to help you improve your computer skills and knowledge. Come learn in a patient and understanding environment.



Tuesday, December 6th & Tuesday, December 20th

10:00 am - 11:00 am

Sign up at the front desk

GEHM Clinic

Wednesday, December 21st

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.

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.

Friday, December 16th

9:00 am - 12:00 pm



Oldies but Goodies Movies

Miracle on 34th Street

Wednesday, December 7th

1:15 pm

Rated G



When Harry Met Sally

Wednesday, December 28th

1:15 pm

Rated R



December Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, December 20th 1:00 pm

Sponsored by Oak Street Health



Advisory Council Meeting

No Meeting in December