

Barelas Senior Center



Director
Anna M. Sanchez



714 Seventh St SW
Albuquerque, N.M 87102
505-764-6436
www.cabq.gov/seniors

CENTER STAFF

Julio Santisteban
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



Holiday Craft Market

Get some of your holiday shopping done at our Holiday Craft Market!

Our crafty vendors will be selling a great variety of original creations and wares.

Barelas

Wednesday, November 30th

8:30 am - 12:30 pm



Thanksgiving Luncheon

Come enjoy a wonderful Thanksgiving lunch with us!

Barelas

Wednesday, November 23rd

11:30 am - 1:00 pm

Make reservations the day before by 1:00 pm

SENIOR AFFAIRS

Thanksgiving LUNCHEON

JOIN US FOR OUR ANNUAL
HOLIDAY LUNCHEON!



CABQ.GOV/SENIORS

ONE
ALBUQUE
RQUE



NOVEMBER 24TH
11AM - 1PM

PALO DURO SENIOR CENTER
5221 PALO DURO NE 87110
RSVP to: 505-888-8102

\$4 PRE-PAYMENT REQUIRED

Ageless Artisan Fair-Winter Edition

Just in time for holiday shopping!

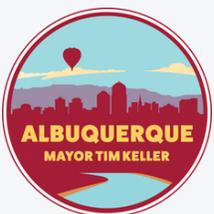
Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM - 1PM

MANZANO MESA

MULTIGENERATIONAL CENTER

501 ELIZABETH SE 87123



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 -**No Class in November.**

Will Resume 12/15 at 1:15 pm - 2:15 pm



Garden

On going garden activities

Language

Italian - Thursdays 1:30 pm - 2:30 pm

Spanish - Wednesdays 1:30 pm - 2:30 pm **No Class 11/24**



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

November 4th

November 11th

November 18th

November 25th

La Raza

No Dance. Closed for Veterans Day

Impresion

No Dance. Closed for Thanksgiving



Trips

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

Santa Fe National Cemetery

Wednesday, November 2nd

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



Ageless Artisan Fair

Saturday, November 19th

Check In: 8:30 am - Return 1:00 pm

DEPARTMENT OF SENIOR AFFAIRS MEDICARE FAIR



Learn all about Medicare eligibility, enrollment and other affordable options. Ask the experts about benefits and features for 2023 and make sure your plan is right for you. Participants can enter to win randomly-drawn door prizes. No enrollment obligation to enter to win door prizes, and no personal information will be disclosed for solicitation.

November 1, 2022

9:15am - 11:15am

Los Volcanes
Senior Center

November 14, 2022

9am - 11am

North Domingo Baca
Multigenerational Center

November 29, 2022

9am - 11am

Manzano Mesa
Multigenerational Center

December 1, 2022

9am - 11am

North Valley Senior Center

FREE Flu & Updated 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 I.D.



BestBuyDrugs

Friday, November 18th

9:00 am - 12:00 pm

Las Voces de Coronado

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

Come enjoy their sweet voices!

Friday, November 18th

10:45 am



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, November 10th

10:30 am - 12:30 pm

Power of Attorney Workshop

Please join the Senior Citizens' Law Office for a Power of Attorney Presentation & Workshop.

Both health care and financial powers of attorneys and cremation authorizations will be discussed, and attorneys will assist seniors in completing the forms. Please bring the names, phone numbers, and addresses of the people you would like to appoint as your agents for the powers of attorney. Please bring a photo id with you to the workshop. Sign up at the front desk.

Barelas

Wednesday, November 2nd

9:00 am - 11:00 am



**We are CLOSED
Friday,
November 11th
in honor of
Veteran's Day.**



**We are CLOSED
Thursday & Friday,
November 24th &
November 25th
in honor of
Thanksgiving.**

10th Annual Veterans Memorial Garden Celebration

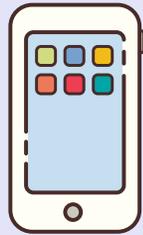
Join us for our traditional Veterans recognition celebration. This formal event takes place in our El Camino Real Garden and is a wonderful way to honor all of our Veterans past and present who had made our freedom a special and cherished tradition. See the beautiful 16 foot sat floral Veterans Memorial Garden of red, white, and blue maintained by volunteer seniors here at Barelas Senior Center.



**November 9th
9:30 - 11:30 am**



Need help with your phone, tablet, or computer?



Amy Biehl Students are here to help, one on one with your tech needs.

**Thursday, November 17th
1:00 pm - 3:00 pm**

GEHM Clinic

**Tuesday, November 15th &
Wednesday, November 16th**

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.

Grateful Pie Day

Let's be grateful and thankful for all we have and all the wonderful people in our community.

Join us for some thankful pie.

Thursday, November 17th

10:00 am - 10:30 am



November Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, November 15th 1:00 pm

Sponsored by Oak Street Health



Advisory Council Meeting

Monday, November 21st at noon

Manzano Mesa Multigenerational Center-501 Elizabeth SE, 87123