

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

Fang-tastic Fiesta

Come join us for a ghouish time as we dance and listen to
the spooky haunts of Desert Springs.

Costume Contest & light refreshments.

Come in FULL costume & get in Free!

Friday, October 28th

1:30 - 4:00 pm \$3



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

**Want to sell your works at the fair? Artisan and Crafter
applications available at front desk. Application submission
deadline is October 17, 2022.**



Coffee with Constituents

Center members are encouraged to visit with Senior Affairs Director, Deputy
Director and Associate Directors 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

Wednesday, October 12th

8:00 - 9:00 am





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, Oct. 13th only 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 NEW Time

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

October 7th

October 9th

October 21st

October 28th

Impresion

Tino's Band

Paul Pino & The Tone Daddies

Desert Springs



Trips

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

Gilman Tunnel & Jemez Falls

Wednesday, October 5th

Check in: 8:00 am Return 5:00 pm



Primetime 50+ Expo

Tuesday, October 11th

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

Rio Grande Nature Center

Wednesday, October 19th

Check In: 8:30 am Return : 4:30 pm



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, October 13th

10:30 am - 12:30 pm



Estate Planning

Join the Senior Citizens Law Office for an Estate Planning Presentation. Topics will include powers of attorney, advance directives, Wills, & transferring assets without probate.

Wednesday, October 19th

10:00 - 11:30 am Sign up at the front desk

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.



Tuesday, October 25th

9:00 am - 12:00 pm



Las Voces de Coronado

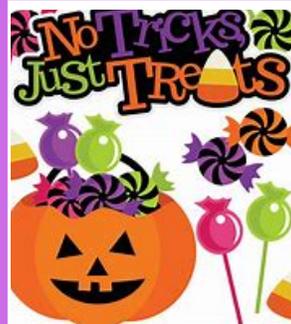
Come listen to the cora, Las Voces de Coronado from Coronado Dual Language Magnet School.

Come enjoy their sweet voices!



Friday, October 28th

10:45 am



Treats with No Tricks

Save the Tricks for the kids we want candy!

Come join us for Treats without any Tricks.

Monday, October 31st

10:30 - 11:30 am

Sponsored by  **PRESBYTERIAN**

Are you a crafter or artist and want to learn how to strategically showcase your work to entice customers? Senior Affairs is offering two FREE training opportunities that can help artisans and crafters level up sales and enhance displays.

North Domingo Baca Multigenerational Center

7521 Carmel NE 87113

October 5, 2022 | 9am

Pre-Registration Required

Call 505-764-6475



Los Volcanes Senior Center

6500 Los Volcanes NW 87121

October 5, 2022 | 1:30pm

Pre-Registration Required

Call 505-767-5999

Internet Resources Fair

The City of Albuquerque's Department of Technology and Innovation are bringing service providers together to help our community learn how they can potentially save on high-speed internet. The FCC's Affordable Connectivity Program provides up to \$30 per month toward broadband service for eligible households! On October 8, 2022 from 11am-2pm head over to the International District Library where internet service providers that participate in ACP will be on-site to answer questions and help with enrollment. Ready to enroll right now? Visit cabq.gov/internet-fair for details.



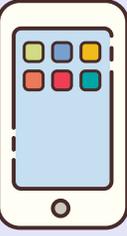
We are CLOSED
Monday,
October 10th
in honor of
Indigenous People's
Day

Need help with your phone, tablet, or computer?

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

Thursday, October 27th

1:00 pm - 3:00 pm



The Annual Thanksgiving Holiday Lunch will be hosted by Palo Duro Senior Center, reservations will open this month on **October 24th**. Thanksgiving Lunch Tickets are **\$4.00**, please contact Palo Duro Senior Center at **505-888-8102** for payment and reservation information.



GEHM Clinic

Tuesday, October 18th &
Wednesday, October 19th

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.



Elvis

Wednesday, October 12th

1:15 pm

PG-13



Movies



Dog

Wednesday, October 26th

1:15 pm

PG-13

Celebrate Indigenous People Day

Let's come together and celebrate Indigenous People Day with some ice cream!

Tuesday, October 11th

1:00 - 1:30 pm .75 cents



October Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, October 18th 1:00 pm

Sponsored by Oak Street Health

Advisory Council Meeting

Monday, October 24th at noon

Palo Duro Senior Center-5221 Palo Duro NE, 87110

