

Barelas Senior Center



Director
Anna M. Sanchez



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

Changes Coming



Starting in April our entry counter area will be under construction. Our staff will temporarily be relocated to the eastside of the building. All check ins for classes, activities, breakfast, and lunch orders will take place in this area. Please be patient with us and excuse the noise and dust as we work to improve our center.



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

50+ SENIOR TECH CONNECT



*A chance for
older adults to
explore today's
technology*



MANZANO MESA
MULTIGENERATIONAL CENTER

APRIL 19, 2024

8:30am - 12:30pm

*Prizes & Fun
Refreshments
Demonstrations
Hands-on Learning*
No need to register. Just come!
For more information call

(505)275-8731



Accredited by 
National Institute of
Senior Centers

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 - 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

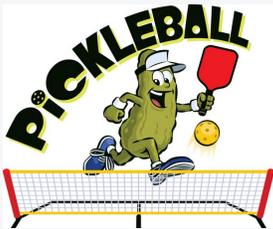
- Pilates- Monday 9:30 am - 10:30 am
- Pickleball - Monday 1:30 pm - 3:30 pm
- Senior Aerobics - Tuesday 10:00 am - 11:00 am
- Yoga - Thursday 9:00 am - 10:00 am

Garden

- Greenhouse Garden Gathering Monthly Meeting
- Wednesday, April 17th 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

April 5th

Milagro

April 12th

La Raza

April 19th

De Luz

April 26th

Antonio y Los Unicos



Trips

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

50+ Senior Tech Fair at Manzano Mesa

Friday, April 19th

Check In: 8:20 am Return 1:00 pm

Lunch reservations

Lunch Out on the Town Tomasita's

Wednesday, April 24th

Check in: 10:50 am Return 1:30 pm

Lunch at your own expense



EARTH DAY!

Learn How to Donate Food Scraps

Want to do your part for the environment but don't have the time, space, energy, or interest to compost? Instead of throwing away your food scraps, donate them to the Barelvas Senior Center Compost Site.

Come to the Gazebo, in the Community Garden across the street from the Barelvas Senior Center main building and learn the simple procedures you'll need to follow for putting your food scraps to good use.

Come and also receive a plant to start your spring garden.



**Monday, April 22nd
10:00 am - 11:00 am**



Learn How to Prevent Falls

Come learn from UNM Occupational Therapists about home modifications, fall risks, and what to do if a fall happens.

**Friday, April 12th
10:00 am - 11:00 am**

Sign up at the front desk or call
505-764-6436



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.

Barelvas

**Wednesday, April 17th
3:00 pm - 5:00 pm**



No Foolin

We are celebrating April Fool's Day! Come share your favorite April Fool's stories and get a sweet treat!

**Monday, April 1st
1:00 pm**



Spring into a new look!

Aveda Institute students are offering Spring haircuts for only \$5.

Sign up at the front desk.

Barelvas

**Wednesday, April 17th
9:15 am**

**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, April 11th
10:30 am - 12:30 pm**

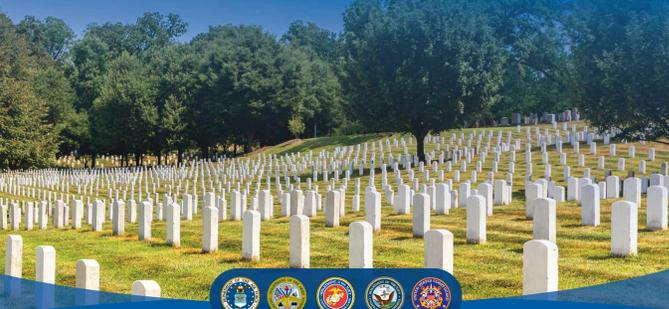


Need a Ride to Visit Your Loved One?

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.

riometro.org



April Birthday Celebration

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

Tuesday, April 16th

1:00 pm



Priscilla
 Wednesday, April 10th
 1:15 pm
 Rated R



Movies Days



Damsel
 Wednesday, April 24th
 1:15 pm
 Rated PG-13



GEHM Clinic

Tuesday, April 16th & Wednesday, April 17th

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, April 15th at noon
 Highland Senior Center: 131 Monroe NE, 87108

Tech Thursday



Come learn how to use your email to connect with friends & family.

Wednesday, April 25th

10:00 am - 11:00 am

Call 505-764-6436 to register.



televēda

Power of Attorney Clinic

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

Both health care and financial powers of attorneys 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.



Tuesday, April 9th

10:00 am - 12:00 pm

Sign up at the front desk

Funeral Planning Presentation

You are invited to join us for a Peace of Mind presentation to learn about the benefits of advanced funeral planning. We will address the most common questions to help you understand why preplanning is such a gift to give your family.

Presented by Barbara Shelton.

Sign up at the front desk or call 505-764-6436

Tuesday, April 16th

10:00 - 11:00 am



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<ul style="list-style-type: none"> ◆ Salisbury steak w/gravy ◆ Roasted redskin potatoes ◆ Malibu blend vegetables ◆ Fruit mix ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Rotisserie chicken ◆ Brown rice ◆ Beets ◆ Dinner roll w/margarine ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey chef salad ◆ Orzo pasta w/red peppers ◆ Croissant ◆ Tapioca pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Bean & cheese burrito topped w/red chile and cheese ◆ Collard greens ◆ Calabacitas ◆ Apple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Garlic tilapia ◆ Pasta w/diced tomatoes ◆ Green beans ◆ Grapes ◆ 1% milk 
8	9	10	11	12
<ul style="list-style-type: none"> ◆ Sloppy joe ◆ Ranch beans ◆ Mixed vegetables ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Diced pork w/BBQ sauce ◆ Butter parsley and red potatoes ◆ Steamed carrots ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey fajitas w/tortilla ◆ Spanish rice ◆ Mexi-corn ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Egg salad sandwich ◆ Cucumber, tomato, red onion ◆ 3 bean salad ◆ Honey dew ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Orzo pasta w/black olives ◆ Green beans ◆ Chocolate cake ◆ 1% milk 
15	16	17	18	19
<ul style="list-style-type: none"> ◆ Carne adovada ◆ Tortilla ◆ Spinach ◆ Pinto beans ◆ Tapioca pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked chicken ◆ Mashed potatoes ◆ Collard greens ◆ Dinner roll w/margarine ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef patty w/mushroom and Swiss ◆ Mixed vegetables ◆ Cauliflower ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Denver omelet ◆ Stewed tomato ◆ Diced potatoes ◆ Pear ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce ◆ Imperial blend vegetables ◆ Garlic breadstick ◆ Green apple ◆ 1% milk 
22	23	24	25	26
<ul style="list-style-type: none"> ◆ Frito pie ◆ Imperial blend vegetables ◆ Corn chips ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Bratwurst with onion and peppers ◆ Hoagie roll ◆ Baked beans ◆ Diced potatoes ◆ White cake ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork loin ◆ Black eyed peas ◆ Brown rice w/red peppers ◆ Cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked ziti w/mozzarella cheese ◆ Mixed vegetables ◆ Garlic breadstick ◆ Apple sauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef tips w/noodles ◆ Malibu blend vegetables ◆ Peach crumble ◆ Dinner roll w/margarine ◆ 1% milk 
29	30	1	2	3
<ul style="list-style-type: none"> ◆ Chicken tender w/BBQ sauce ◆ Green beans ◆ Sweet potatoes ◆ Diced peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Fajita blend vegetables ◆ Brown rice ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef stir fry ◆ Steamed carrots ◆ Orzo ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Southwest omelet w/red chile ◆ Diced potatoes ◆ Stewed tomatoes ◆ Cantaloupe ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Diced beets ◆ Baked cinnamon apples ◆ 1% milk 