




Director
Anna M. Sanchez

Barelas Senior Center



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

 www.cabq.gov/seniors

CENTER STAFF
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Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide



**We are celebrating Senior Citizen
Day in style. Put on your 1950's
wear and come dance with us!
Join us for a rockin' good time!**



Music by Rock-n-Ramon
Friday, August 15th

1:30 pm - 4:00 pm



 **PRESBYTERIAN**

**DON'T
FORGET!**

Barelas Senior Center, Bear Canyon
Senior Center, Highland Senior
Center, and Palo Duro Senior
Center & Fitness Center will all be
closed through the week of
August 4th- August 8th.

Please visit one of the other
centers & remember to make your
lunch reservations.

We are committed to providing resources with care and compassion
that help our community thrive while embracing aging.

Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

☎ 505-768-3630

🌐 cabq.gov/seniors/events



Scan this code with
your phone to register!



ALBUQUERQUE
senior affairs



Accredited by 
National Institute of
Senior Centers

Activities

Arts and Crafts

Art Meditation - Monday 10:30 - 11:30 am

Coloring Group - Thursday 12:30 pm

Crotchet w/Roland - Tuesday 10:00 - 11:00 am

Crotchet w/Rafaelita - Thursday 10:30- 1:00 pm

Ceramics - Mondays & Wednesday 9:00 am - 12:00 pm

Retablos- Tuesday 9:00 - 11:30 am

Tin - Tuesday 1:00 - 4:00 pm

Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm

Painting from the Heart - Wednesday 9:00 - 11:30 am

Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 pm



Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 - 10:00 am

Line Dance - Improver- Wednesday 10:15 - 11:15 am

Exercise

Pilates- Monday 9:30 - 10:30 am

Pickleball - Monday 1:30 - 3:30 pm

Senior Cardio & Curls - Tuesday 9:30 - 10:30 am

Chair Yoga - Monday 10:30 - 11:30 am

Yoga - Thursday 9:00 - 10:00 am

Tai Chi: Holistic - Friday 9:00 - 10:00 am



Garden

Community Garden open Wednesdays, 9:00 - 12:00 pm

Greenhouse Garden Gathering Monthly Meeting

Wednesday, August 20th 11:00 am - 12:00 pm

Learning

Bible Study - Monday 9:30 - 10:30 am

Cards & Games

Billiards - 8:00 am - 5:00 pm

Cards - 2:00 pm - 5:00 pm

Chess - Tuesday 2:00 - 3:00 pm

Games -Tuesdays & Thursdays 1:00- 3:00 pm

Puzzles - Monday-Friday 8:00 am - 5:00 pm

Bingo - Tuesday 2:00 - 4:15 pm



Language

ESL - Thursday 2:15 - 3:15 pm

Italian - Thursday 1:30 - 2:30 pm

Spanish: Beginner 1 - Tuesday 2:15 - 3:15 pm

Spanish: Beginner 2 - Thursday 1:00 - 2:00 pm

Spanish: Beginner 3 - Tuesday 1:00 - 2:00 pm

Spanish: Intermediate - Wednesday 2:15 - 3:15 pm

Spanish: Intermediate II - Wednesday 1:00 - 2:00 pm

Music

Beginner Guitar- Monday 1:00 pm - 2:00 pm

Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

August 1st

Paul Pino & The Tone Daddies

August 8th

No Dance (Closed)

August 15th

Rock-N-Ramon

August 22nd

Milagro

August 29th

Desert Springs



Trips

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

Lunch Out on the Town:

Mac's La Sierra

Tuesday, August 12th

Check In: 10:45 am Return 1:30 pm

Lunch at your own expense



Rio Grande Nature Center & Lunch

Wednesday August 20th

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

Lunch at your own expense

Manzano Mountains State Park

Wednesday, August 27th

Check In: 8:45am Return 4:30 pm

Pack a lunch



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.

Call 505-764-6436 to sign up.

Tuesday, August 12th

10:00 am



Stay cool with a new do!

It's hot out there! It's time to a haircut that makes you look and feel cool! Aveda Institute students are offering summer haircuts for only \$5.

Sign up at the front desk.

Wednesday, August 20th

9:45 am

***Tips appreciated**



August Birthday Celebration

Come enjoy a sweet treat and celebrate our June birthdays!

Tuesday, August 19th

1:00 pm

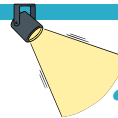


Welcome Back

ACE Leadership High School students will be returning to help with the Barelás Greenhouse Garden. Come check out the garden & see all the great work they are doing!



Spotlight on:



Painting from the Heart

This painting class focuses on creating beautiful skies & is geared to all levels. Taught by award winning artist, Carmen DeLeon who has over 40 years of teaching experience. Come try something new and unlock your artistic side!

Wednesdays

9:00 - 11:00 am

Get more information at the front desk.

AARP Smart Driver

This four-hour class provides techniques for coping with change in vision, hearing, & reaction time, along with the rules of the road. Anyone

50+ may take this class & may receive a discount on insurance premiums. Cost: \$20 for AARP Members \$25 for non-AARP Members (Checks or Money Orders ONLY Accepted).

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

Wednesday, August 20th



Women's Equality Day

August 26th is Women's Equality Day, a day to honor the suffragists who fought for the 19th amendment, granting women the right to vote! Come honor the influential women in your life by adding their name to our sunflower tree.

Tuesday, August 26th

10:30 am



Breakfast Menu

8:00am – 9:00am / Monday – Friday

Full Breakfast 2 eggs, 2 bacon or sausage, potatoes, toast/tortilla	\$1.50
Mini Breakfast 1 egg, bacon or sausage, potatoes, toast/tortilla	\$0.75
Breakfast Burrito 2 eggs, bacon or sausage, potatoes (Chile optional) Red or Green	\$ 1.50
A-la-Carte	
Egg (over medium, over hard, scrambled, egg whites)	.25
2 pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Potatoes	.30
Hot Cereal w/milk	.70
Side of Chile (Red) or (Green)	.25
Egg Muffin Sandwich (bacon or sausage)	1.00
Huevos Rancheros (Tuesday)	1.50
Waffle with everything or Plain \$1.00 (Wednesday)	1.50
Biscuits & Gravy (Friday)	1.00
Drinks	
Orange Juice or Milk	.25

Barelas accepts cash, checks, and major credit cards except American Express.
We are limited on the amount
of change we can give and may not be able to accept bills larger than \$20.00

Do you have legal questions?

Senior Citizens Law Office, offers one on one legal consultations. Divorces, wills and criminal issues are not included. Schedule an appointment at the front desk or call 505-764-6436.

Thursday, August 14th
10:30 am - 12:30 pm



COMMUNITY SAFETY SERIES



Join us for conversation and connection with members of Albuquerque Community Safety and Albuquerque Police!

Learn about important topics such as:

- Keeping yourself safe at home and around the city.
- Ways to keep your property safe.
- What to look for in your community.
- How ACS/APD can help you.



Tuesday, August 12th
At 10:00 AM



Los Volcanes Senior Center
6500 Los Volcanes NW 87121

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senior affairs



Main Garden Tour

Come take a tour of our main garden. Come see what's growing & get garden tips!



Mondays in August
9:00 am - 10:00 am



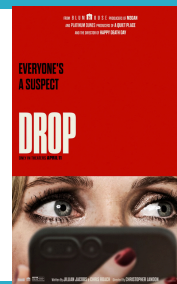
Lunch Reservations

Please remember to make your lunch reservations by 1:00 pm the day before.
This applies to all centers.

Heads of State

Wednesday, August 13th
1:15 pm
Rated PG-13
Action/Comedy

Movies Days



Drop

Wednesday, August 27th
1:15 pm
Rated PG-13
Mystery/Drama



GEHM Clinic

Wednesday, August 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

NO Meeting

Next Meeting September 15th



AUGUST 2025

**ONE
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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
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken 4oz Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4	5	6	7	8
Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	Veggie Green Chile 4oz Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11	12	13	14	15
Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18	19	20	21	22
Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25	26	27	28	29
Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER
2025

9 am -
3 pm

714 Seventh St SW 87102

ONE
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 United
Healthcare

 ENGAGE
with Senior Affairs