

# Barelas Senior Center



**Director**  
**Anna M. Sanchez**

714 Seventh St. SW  
Albuquerque, NM 87102  
505-764-6436  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

# August

**CENTER STAFF**  
**America Bencomo**  
Center Manager

**Janelle Apodaca**  
Program Coordinator

**Catherine Romero**  
Office Assistant

**Tracy Garcia**  
Program Assistant

**Laura Molina**  
General Service Worker

**Jose Olivas**  
Cook

**Cynthia Garcia**  
Kitchen Aide



## SENIOR ROUND UP



WE'RE CELEBRATING  
**NATIONAL SENIOR CITIZENS DAY!**

Put on your cowboy boots and hats and mosey  
on down to shake your spurs!

**FRIDAY, AUGUST 21ST**  
**1:30 PM - 4:00 PM**  
**MUSIC BY LA RAZA**



**Barelas is CLOSED**

August 3 - August 7

**IMPORTANT NOTICE**

**THE FOLLOWING CENTERS WILL  
BE TEMPORARILY CLOSED FOR  
EMPLOYEE TRAINING  
THE FIRST WEEK OF AUGUST:**

Barelas Senior Center  
North Valley Senior Center,  
Bear Canyon Senior Center, and  
Highland Senior Center will all be  
closed through the week of  
**AUGUST 3 - AUGUST 7.**

**THE SOONER YOU KNOW,  
THE MORE YOU CAN DO**

A free education program presented by  
the Alzheimer's Association®

Not every memory slip means Alzheimer's, but  
knowing the difference matters.

Join us for a free, in-person session on early  
signs of memory change and what steps you can  
take now. The sooner you understand the signs,  
the more options you and your  
family have.



alzheimer's association®

**August 18th**  
**10:00 am**  
Sign up at  
**505-764-6436**

[alz.org/newmexico](http://alz.org/newmexico)



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.

**ONE  
ALBUQUERQUE** senior affairs

## Activities

### Arts and Crafts

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

Coloring Group - Thursday 12:30 pm

Colcha Embroidery - Third Monday of the Month 1:00 - 3:30 pm

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

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

Ceramics - Mondays & Wednesdays 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

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 & Thursday 10:30 - 11:30 am

Yoga - Thursday 9:00 - 10:00 am

Tai Chi - Wednesday 9:00 - 10:00 am

Yang Tai Chi - Wednesday 9:00 - 10:00 am

### Garden

Main Garden open daily.

Greenhouse Garden hours will vary by volunteers.

**Garden Meeting: August 5<sup>th</sup> 10:00 am**

### Learning

Bible Study - Wednesday 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 - Tuesday 2:00 - 3:00 pm

Italian - Thursday 1:30 - 2:30 pm

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

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

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

Spanish: Intermediate - Wednesday 12:30 - 1:30 pm

Spanish: Intermediate II- Wednesday 1:30 - 2:30 pm

Advanced Spanish Conversation - Wednesday 2:30 pm - 3:30 pm

No Spanish Classes  
in August

### Music

Beginner Guitar - Monday 10:00 - 11:00 am

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 7th**

**August 14th**

**August 21st**

**August 28th**

**CLOSED - No Dance**

**Sunset Rhythm**

**La Raza**

**Antonio y Los Unicos**



## Trips

A minimum of three people must sign up for weekly trips in order for the van to depart. Please see additional information on trip details posted on center board in the Social Hall.



### **Lunch Out on the Town: Olive Garden**

Tuesday, August 11th

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

Lunch at your own expense

### **Downtown Growers Market Walk & Lunch**

Saturday, August 15th

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

Lunch at your own expense

### **Make your lunch reservations for August 3- August 7**

**DON'T  
FORGET**

Los Volacanes 505-767-5999

Santa Barbara-Martinez Town

505-767-5671

Palo Duro 505-888-8102

North Domingo Baca 505-764-6475

Manzano Mesa 505-275-8731

### **Coffee with Constituents**

Center members are encouraged to visit with the Senior Affairs Director 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.

**Thursday, August 27th**

**8:30 am - 9:30 am**

Bear Canyon Senior Center

4645 Pitt NE, 87111



### **Beginner Guitar**

Have you always wanted to learn how to play the guitar?

Come learn with us!

**Mondays 10:00 am**

(Bring your own guitar)



### **August Birthday Celebration**

Come enjoy a sweet treat and celebrate our August birthdays!

**Tuesday, August 18th**

**1:00 pm**




Albuquerque **Accordion** Club



Come enjoy a wonderful performance featuring Hispanic, Pop, Ragtime, Country, Classical & Polka accordion music!

**BARELAS SENIOR CENTER**  
**THURSDAY, AUGUST 20TH**  
**1:30 PM**

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### **JOKES ON YOU!**

No joke, we are celebrating National Tell a Joke Day!

Come share a joke and get a sweet treat!



**Thursday, August 13th**

**10:15 am**



### **Summer Break**

**Spanish classes** will be on break all of August.

Other classes may have breaks that are not listed.

Please check with your instructor.

### **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 19th**

**12:30 pm - 4:30 pm**



### **Come help our gardens!**

Our gardens are in need of support! Even if you don't have a green thumb, you can contribute. No amount of time and help is too small! Come learn more about our beautiful gardens.



**Wednesday, August 5th**

**10:00 am**



## Power of Attorney

Attorneys will guide attendees through completing Powers of Attorney for both Healthcare and Finances.

You must sign up in advance with the front desk at 505-764-6436.

Bring current Photo ID, and the names and contact information of people you will appoint as agents.



**Thursday, August 20th**

**9:30 am - 11:30 am**



## Do you like to sing?

The Spanish Guitar Jam Group needs singers to join their jam sessions. Come share the gift of song with us!



**Fridays**

**10:00 am - 11:30 am**



## Summer Fun Hair

It's time to update your look for summer! Aveda Institute students are offering new stylish haircuts for only \$5.

Sign up at the front desk.

**Tuesday, August 11th**

**9:40 am**



## 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 13th**

**10:30 am - 12:30 pm**



## Estate Planning for Seniors

Learn about organizing your legal, financial, and healthcare documents to protect your assets and dictate your future wishes.



Attend ONE of these FREE presentations:

**Tuesday, August 4, 2026**  
**4-5pm**

Manzano Mesa Multigenerational Center  
501 Elizabeth St SE, ABQ, NM 87123

**Wednesday, August 12, 2026**  
**4-5pm**

Barelas Senior Center  
714 7th St SW, ABQ, NM 87102

**Thursday, August 20, 2026**  
**3:30-4:30pm**  
North Valley Senior Center  
3825 4th St NW, ABQ, NM 87107

**Tuesday, August 25, 2026**  
**3:30-4:30pm**

Los Volcanes Senior Center  
6500 Los Volcanes Rd NW, ABQ, NM 87121

Presented by attorney and judge  
**Cristy J. Carbón-Gaul**



in conjunction with



Please sign up at the front desk at the Center where you plan to attend.

## Flea Market

Come shop our wonderful Flea Market! We have 16 vendors that have great treasures just waiting for you!

**Every Thursday**

**8:00 am - 11:00 am**



**For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## Project Hail Mary

**Wednesday, August 12th**

**1:15 pm**

**Rated PG-13**

**Sci-fi/Comedy**



## Movie Days



**THE DEVIL WEARS PRADA**



## The Devil Wears Prada 2

**Wednesday, August 26th**

**1:15 pm**

**Rated PG-13**

**Comedy/Drama**



## GEHM Clinic

**Wednesday, August 19th**

**8:30 a.m. - 12:00 p.m.**

Nurse-managed clinics offer a range of health promotion services for individuals 55 and over. Services include blood pressure and diabetes screening, health assessments, counseling on nutrition, health issues, aging, medication management, diabetic self-management education, and more.

## Advisory Council Meeting

**August – No meeting**

Monday, September 21, 12:00–1:30 p.m. – North Domingo Baca Multigenerational Center

Monday, October 19, 12:00–1:30 p.m. – Barelas Senior Center

Monday, November 16, 12:00–1:30 p.m. – Conway Wood Northwest Multigenerational Center

**December – No meeting**

Advisory Council webpage:

<https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council>

If you can't make the meeting in person, you can join us online.

Zoom meeting link:

<https://cabq.zoom.us/j/89110160434>

Lunch is served 11:30 am - 1 pm Monday - Friday.

Please call 505- 764-6436 to make your reservation by 1:00pm the day prior.

**ONE  
ALBUQUE  
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# AUGUST 2026

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                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>3</b><br>Pork Loin 3oz<br>Gravy 1oz<br>Normandy Blend 4oz<br>Diced Beets 4oz<br>Vanilla Pudding 4oz<br>1% Milk 8oz                                             |  <b>4</b><br>Meatloaf 4oz<br>Sweet Potato Mash 4oz<br>Succotash 4oz<br>Jell-O 1ea<br>1% Milk 8oz                                               |  <b>5</b><br>Breaded Pollock 4oz<br>Tartar Sauce 1pc<br>Rice Pilaf 4oz<br>Green Beans 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pear 1ea<br>1% Milk 8oz                       |  <b>6</b><br>Green Chile Veggie<br>Cheeseburger 1ea<br>Cabbage w/<br>Apples & Onions 4oz<br>Diced Potatoes 4oz<br>Oranges 4oz<br>1% Milk 8oz                 |  <b>7</b><br>Chicken Alfredo 4oz<br>Zucchini w/<br>Red Peppers 4oz<br>Steamed Broccoli 4oz<br>Applesauce 1ea<br>1% Milk 8oz      |
|  <b>10</b><br>Salisbury Steak 4oz<br>Gravy 1oz<br>Scalloped Potatoes 4oz<br>Spinach w/ Onions 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Banana 1ea<br>1% Milk 8oz |  <b>11</b><br>Carne Adovada 4oz<br>Calabacitas 4oz<br>Pinto Beans 4oz<br>Flour Tortilla 2ea<br>Apple Slices 4oz<br>1% Milk 8oz                 |  <b>12</b><br>Spaghetti w/<br>Meatballs 4oz<br>Marinara 2oz<br>Sliced Carrots 4oz<br>Zucchini & Peppers 4oz<br>Grapes 1ea<br>1% Milk 8oz                                       |  <b>13</b><br>Cheese Omelet w/<br>Red Chile 1oz<br>Stewed Tomato 4oz<br>Diced Potatoes 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pudding 1ea<br>1% Milk 8oz |  <b>14</b><br>BBQ Chicken Sandwich 1ea<br>Diced Sweet Potato 4oz<br>Steamed Broccoli 4oz<br>Jell-O 4oz<br>1% Milk 8oz            |
|  <b>17</b><br>Teriyaki Beef w/<br>Brown Rice 4oz<br>Sliced Carrots 4oz<br>Cabbage w/<br>Apples & Onions 4oz<br>Fortune Cookie 2ea<br>1% Milk 8oz                 |  <b>18</b><br>BBQ Pork 3oz<br>Baked Beans 4oz<br>Spinach w/<br>Mushrooms 4oz<br>Cornbread 1ea<br>Applesauce 1ea<br>1% Milk 8oz               |  <b>19</b><br>Shredded Chicken 4oz<br>Brown Rice 4oz<br>Fajita Blend Veggies 4oz<br>Green Beans 4oz<br>Pear 1ea<br>1% Milk 8oz                                               |  <b>20</b><br>Vegetable Lasagna 4oz<br>Lima Beans 4oz<br>Garlic Breadstick 1ea<br>Pudding 4oz<br>1% Milk 8oz                                               |  <b>21</b><br>Chicken Tamales 2ea<br>Green Chile 2oz<br>Cauliflower 4oz<br>Pinto Beans 4oz<br>Orange 4oz<br>1% Milk 8oz        |
|  <b>24</b><br>Sliced Ham w/<br>Pineapple Sauce 1oz<br>Ranch Beans 4oz<br>Spinach 4oz<br>Cornbread 1ea<br>Peach 4oz<br>1% Milk 8oz                                |  <b>25</b><br>Chicken 3oz<br>Vegetable Stir Fry 4oz<br>Soy Sauce 1pc<br>Brown Rice 4oz<br>Green Beans 4oz<br>Apple Slices 4oz<br>1% Milk 8oz |  <b>26</b><br>Beef Steak /Gravy 4oz<br>Grilled Onions 1oz<br>Mashed Potatoes 4oz<br>Corn w/ Peppers 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Watermelon 4oz<br>1% Milk 8oz |  <b>27</b> <i>Anti-Inflammatory</i><br>Mediterranean Bean<br>Salad 4oz<br>Broccoli w/ Garlic 4oz<br>Brown Rice 4oz<br>Orange 4oz<br>1% Milk 8oz            |  <b>28</b><br>Green Chile<br>Cheeseburger 1ea<br>Diced Sweet Potato 4oz<br>Stewed Tomatoes 4oz<br>Jell-O 4oz<br>1% Milk 8oz    |
|  <b>31</b><br>Pork Fajitas 4oz<br>Steamed Broccoli 4oz<br>Calabacitas 4oz<br>Tortilla 2ea<br>Orange 4oz<br>1% Milk 8oz                                           |  <b>1</b><br>Chicken Parmesan 5oz<br>Brussel Sprouts 4oz<br>Steamed Carrots 4oz<br>Brownie 1ea<br>1% Milk 8oz                                |  <b>2</b><br>Red Chile Beef<br>Enchiladas 4oz<br>Pinto Beans 4oz<br>Spanish Rice 4oz<br>Yogurt 4oz<br>1% Milk 8oz                                                            |  <b>3</b><br>Elbow Mac & Cheese w/ Broccoli 4oz<br>Spinach/Mushrooms 4oz<br>Wheat Breadstick 1ea<br>Cupped Peaches 4oz<br>1% Milk 8oz                      |  <b>4</b><br>Meatloaf 4oz<br>Green Beans 4oz<br>Cauliflower 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pear 4oz<br>1% Milk 8oz |

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

Sincerely,



Anna Sanchez, Director

## Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am – 2:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St. SE

Questions? Call 505-275-8731

Applications Open:  
August 3, 2026, 8:00 am

Applications Close:  
August 28, 2026, 5:00 pm

Vendor applications will be available  
beginning August 3 on the Senior  
Affairs Events webpage and at any  
Senior or Multigenerational Center.

### MEMBERSHIP CARDS

**Membership Cards are required  
when purchasing meals and attending  
any activities at the center.**

**Membership fee is \$20 per year for  
City of Albuquerque residents.**

**Non-City of Albuquerque Residents  
Membership is \$50 per year.**

**Membership is valid at all  
City Senior Centers and  
Multigenerational Centers.**

**Out-of-State Daily/Monthly Use:  
\$15 daily use fee OR \$50 monthly use  
fee for Out-of-State individuals.**