



Director
Anna M. Sanchez

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



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

BARELAS HOLIDAY CRAFT FAIR!



Get some of your holiday shopping done at our Holiday Craft Fair! Our crafty vendors will be selling original creations and wares.



THURSDAY, DEC 5TH
Barelas Senior Center
714 7th st. sw 87102
8:30 am - 12:30 pm

ONE ALBUQUE RQUE senior affairs



Music by Peter Vigil
& The All-Star Band!

Light
refreshments

Barelas Senior Center
Friday, December 20th
1:30 - 4 pm
\$3

ONE ALBUQUE RQUE senior affairs



Merry
CHRISTMAS
Happy
HANUKKAH
Happy
KWANZAA



Let's Decorate the Tree!

Come enjoy good
company and a fun time
as we decorate the tree.
Warm up with some hot
chocolate and enjoy
some sweet treats!



Tuesday, December 3rd
9:00 am - 10:30 am

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



Accredited by
National Institute of
Senior Centers



PLEASE JOIN US FOR A

HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 25, 2024

HOSTED BY MANZANO MESA
MULTIGENERATIONAL CENTER

Tickets are \$4 per person. Space is limited, please
reserve your ticket in person at MMMC beginning
Monday, December 2, 2024

TIME: 11 AM - 1 PM

Where: 501 Elizabeth St. SE, 87123

Please call 505-275-8731 to reserve

Center will not be open for regular scheduled activities.

ONE ALBUQUE RQUE senior affairs

Activities

Arts and Crafts



Art Meditation - Monday 10:30 am - 11:30 am
 Crotchet w/Roland - Tuesday 10:00 am - 11:00 am
 Crotchet w/Ralfaleta - Thursday 10:30 am - 1:00 pm
 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
 Painting from the Heart - Wednesday 9:00 am - 11:30 am
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm



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 Cardio & Curls - Tuesday 9:30 am - 10:30 am
 Yoga - Thursday 9:00 am - 10:00 am



Garden

Visiting Hours:
 TBD

Greenhouse Garden Gathering Monthly Meeting
 Wednesday, December 18th 11:00 am - 12:00 pm



Language

Italian - Thursday 1:30 pm - 2:20 pm
 Spanish: Beginner - Tuesday 1:00 pm - 2:00 pm
 Spanish: Beginner II - Wednesday 2:15 pm - 3:15 pm
 Spanish: Intermediate - Wednesday 1:00 pm - 2:00 pm

Learning

Conversations on the Bible - Wednesday 10:00 am

Music

Beginner Guitar- Monday 1:00 pm - 2:00 pm
 Spanish Acoustic Jam Session - Friday 10:30 am - 12:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

December 6th
December 13th
December 20th
December 27th

Antonio y Los Unicos
Enchanted Four
Peter Vigil & The All-Star Band
No Dance



Trips

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

Old Town Stroll

Friday, December 6th

Check In: 4:10 pm Return 8:30 pm

Dinner at your own expense

Shopping & Lunch at Cracker Barrel

Tuesday, December 10th

Check In: 10:45 am Return 2:00 pm

Lunch at your own expense

National Hispanic Cultural Center Musuem & Lunch at Cervantes

Wednesday, December 18th

Check In: 9:45 am Return 2:30 pm

Free 60+ & Lunch at your own expense

Come make snowflakes with us?

Come learn the art of cutting snowflakes with the talented Mr. Al. Learn a new skill and help fill our center with these beautiful pieces of art.

Monday, Dec. 2nd, 9th & 16th.

9:30 am - 10:30 am



Check your classes in December

Many classes and activities are cancelled during December due to instructors taking a break. Please check with your instructor or front desk if you are unsure about the schedule.



Now we're cooking!

Come learn cooking skills. Discover how to save money when buying food. Explore food health and safety.



Wednesday, December 4th - December 18th

9:30 am - 11:00 am

Check with the front desk on how to sign up or call Emily at 505-243-1386.



Spice Rack Remedies

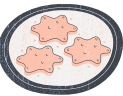
Join us for an interactive monthly class as we explore learning about different spices to improve health.

Come learn about the benefits of CINNAMON.



Wednesday, December 11th

1:30 pm



Landlord-Tenant Law in NM Presentation

Join Senior Citizen Law Firm to learn the basics of Landlord-Tenant law.

Friday, December 6th

10:00 am

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



Hair for the Holidays

Aveda Institute students are offering haircuts to get you ready for the holidays for only \$5.

Sign up at the front desk.

Barelas

Wednesday, December 11th

9:15 am

*Tips appreciated



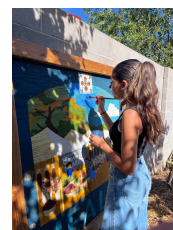
Join the Celebration

A.C.E. Leadership HS Students, Barelas Senior Center Gardeners, & Muralist Francisco LeFebre will be celebrating the rededication & restoration of three panel murals by David Ochoa from Amy Biehl HS over 10 years ago.

Wednesday, December 4th

10:00 am - 11:00 am

Barelas Senior Center Community Garden



Beginner Spanish Class

Begins Thursday, January 9th

1:00 pm - 2:00 pm. Limited space.

Sign up at the front desk or call

505-764-6436.

NEW



Coronado Day School

Come experience an energetic bilingual performance by students.

Friday, December 13th

10:30 am



**We will be
CLOSED**
Wednesday, December 25th
for Christmas Day.

*Happy
Holidays*



We will be CLOSED
Wednesday, January 1st
for New Years Day.



Pre-Holiday Lunch

Ham w/Pineapple Glaze, Mashed Sweet
Potatoes, Mixed Vegetables, &
a Holiday Cookie

Tuesday, December 24th

11:30 am - 1:00 pm

Make reservations by 1:00 pm Monday.



Senior Citizen's Law Office

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, December 12th

10:30 am - 12:30 pm

ESL

Vamos a ofrecer una clase de inglés como segundo
idioma a partir del **9 de enero de 2025**. Regístrate
en la recepción.

Ven a aprender inglés!



Painting from the Heart

Come learn how to paint beautiful skies and
landscapes with a highly awarded fine art artist.

Starts Wednesday, January 15th

9:00 am - 11:30 am. Limited space.

**Sign up at the front desk & get a list of
supplies needed.**



Free Tech Help for Seniors December!

Albuquerque

Tues, Dec 3 @ 3:00-5:00p
1-on-1 Tech Coaching
North Domingo Baca Ctr

Thurs, Dec 12 @ 3:00-5:00p
1-on-1 Tech Coaching
Santa Barbara Martineztown Ctr

Fri, Dec 6 @ 3:00-5:00p
1-on-1 Tech Coaching
Bear Canyon Senior Ctr

Wed, Dec 18 @ 3:00-5:00p
1-on-1 Tech Coaching
Highland Senior Ctr

Wed, Dec 11 @ 3:00-5:00p
1-on-1 Tech Coaching
Palo Duro Senior Ctr

Mon, Dec 23 @ 2:00-4:00p
1-on-1 Tech Coaching
Manzano Mesa Multi-Gen Ctr

RSVP with the center above, or contact Teeniors: (505) 600-1297 | teeniors@gmail.com.
All classes & coaching for beginners!



December Birthday Celebration

Come enjoy a sweet treat and
celebrate our December birthdays!

Tuesday, December 17th

1:00 pm



Twisters

Wednesday, December 11th

1:15 pm

Rated PG-13

Drama



Movies Days



Elf

Wednesday, December 18th

1:15 pm

Rated PG

Comedy



GEHM Clinic

Wednesday, December 18th
























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 this month.

Next meeting in January.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey Tetrizzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Tilapia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti /Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 
9	10	11	12	13
<ul style="list-style-type: none"> ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/Calabacitas ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Pears ♦ 1% milk 
16	17	18	19	20
<ul style="list-style-type: none"> ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Combread ♦ Peaches ♦ 1% milk 
23	24	25	26	27
<ul style="list-style-type: none"> ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk 	<p>CLOSED</p> <p>Happy Holidays</p>	<ul style="list-style-type: none"> ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 
30	31	1	2	3
<ul style="list-style-type: none"> ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	<p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk 



Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelvas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelvas neighborhood. We also celebrated the 50th anniversary of Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbara Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait to continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

**Sincerely,
Anna M. Sanchez, Director**