



DECEMBER

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

Vacant
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide



Discover a wide range of handmade crafts & unique gifts!
Raffle giveaways too!

MERRY
Christmas
HAPPY
Hanukkah
HAPPY
Kwanzaa



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
ALBUQUE
RQUE senior affairs

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

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

Main Garden open daily.

Greenhouse Garden hours will vary by volunteers.



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

Italian - Thursday 1:30 - 2:30 pm

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

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

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

Spanish: Intermediate II- Wednesday 2:00 - 3:00 pm

Advanced Spanish Conversation - Wednesday 3:00 pm - 4:00 pm

***No Spanish Classes
in December***

Music

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



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

December 5th

December 12th

December 19th

December 26th

Dickie Chavez

Milagro

La Raza

No Dance



Trips

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

Winter Spanish Market in Santa Fe

Saturday, December 6th

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

Lunch at your own expense



Reschedule

Bosque del Apache

Wednesday, December 10th

Check In: 8:30 am Return 3:30 pm

Lunch at your own expense

The Nutcracker in the Land of Enchantment Ballet

Thursday December 18th

Check In: 5:45 am Return 8:45 pm



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 the front desk if you are unsure about the schedule.

Beginner Spanish

Beginner Spanish Class Begins

Thursday, January 14h 2:15 pm - 3:15 pm.

Limited space. Sign up at the front desk



or call

505-764-6436.

ESL



Vamos a ofrecer una clase de inglés como segundo idioma a partir del 6 de enero de 2025. Regístrate en la recepción. Ven a aprender inglés!

Bible Study

Bible Study will have a different day starting in December. Come join in to learn and support each other with the Bible.

Wednesdays, starting December 3rd

9:30 am - 10:30 am

Hair for the Holidays!

It's time to look your best for the holidays! Come try something different! Aveda Institute students are offering fresh haircuts for only \$5.

Sign up at the front desk.

Friday, December 12th

9:40 am



AVEDA INSTITUTE

December Birthday Celebration

Come enjoy a sweet treat and celebrate our December birthdays!



Tuesday, December 18th

1:00 pm



Get out and Vote!

Early voting is

December 1st - December 6th.

Election Day is

December 9th



Flea Market

Come shop our wonderful
Flea Market!

We have 16 vendors that have great
treasurers just waiting for you!

Every Thursday

8:00 am - 11:00 am





We will be
CLOSED
Thursday,
December 25th
in honor of
Christmas.

Snowflakes

Come learn the art of cutting snowflakes with the talented Mr. Al. Learn a new skill and make some festive decorations!

Wednesday, December 3rd & 10th

9:30 am - 11:00 am

Pre-Holiday Lunch

Ham w/ Pineapple Glaze, Mashed Sweet Potato,
Normandy Blend, Holiday Cookie & 1% Milk

Wednesday, December 24th 11:30 am - 1:00 pm

Make reservations by 1:00 pm Tuesday.

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, December 11th

10:30 am - 12:30 pm



We will be CLOSED
Thursday, January 1st
in honor of
New Years Day.
**HAPPY
NEW YEAR!**

Barelas Child Development Center

Barelas Child Development center will be here with the Old Town Optimist Club. Santa and carolers will be here to visit the children. Come watch the fun!



Thursday, December 11th

9:30 am - 10:30 am

We just want to take this time to let all of our seniors and wonderful volunteers know how grateful we are for you! We wish you joy and happiness now and always. We look forward to spending the new year with you!

*Much appreciation,
Barelas Crew*



Disney
NOELLE



Noelle

Wednesday, December 10th

1:15 pm

Rated PG

Comedy/Family

Movies Days



Red One

Wednesday, December 17th

1:15 pm

Rated PG-13

Action/Comedy



GEHM Clinic

Wednesday, December 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.

For all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page.



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 Salisbury Steak 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 2 Chicken Tetraxini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz	 3 Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz	 4 Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz	 5 Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 8 Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz	 9 Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	 10 Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz	 11 Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz 	 12 BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz
 15 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz	 16 Beef & Diced Potatoes 4oz Bell Peppers/Onions/ Celery 3oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz	 17 Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz	 18 Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz	 19 Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz
 22 Green Chile Cheeseburger 1ea Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz	 23 Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	 24 Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz	CLOSED 25 	 26 Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelvas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,

Anna Sanchez, Director

Department of Senior Affairs



Director

Anna M. Sanchez

		9	5			2		
	4			1			6	
2					3			9
		8						2
	7						4	
3						5		
7			2					3
	6			4			7	
		1			9	6		



WINTER

Word Search



j	w	u	t	w	i	n	d	g	n	f	h	g	c	q	d	l	o	c	k	g	c	
w	f	a	z	s	c	v	b	w	w	t	u	s	f	l	e	p	r	i	c	e	y	o
e	j	i	o	w	i	n	l	j	i	s	x	t	x	i	s	l	i	x	x	x	t	a
t	h	h	w	e	c	e	a	s	n	n	l	o	j	i	r	c	e	o	r	k	s	t
a	d	z	o	a	l	z	n	n	t	o	l	o	o	m	g	e	a	g	f	r	o	s
k	g	y	k	t	e	y	k	o	e	w	d	b	d	s	i	o	p	r	w	y	r	s
s	w	l	x	e	c	d	e	w	r	f	b	q	r	b	s	t	q	l	f	e	f	n
e	q	b	o	r	v	h	t	r	d	l	k	l	l	f	v	n	t	j	a	h	v	o
c	f	u	f	v	s	s	o	z	k	a	w	c	i	u	r	s	o	e	f	c	x	w
i	d	p	z	m	e	n	x	c	w	k	f	i	b	z	b	o	l	w	n	o	e	b
y	h	a	t	a	b	s	o	b	o	e	u	g	n	p	z	e	z	o	s	s	k	a
l	g	n	i	v	i	g	l	w	n	l	m	r	m	t	f	a	d	e	y	u	c	l
l	h	n	s	x	m	l	f	x	m	f	a	v	r	r	r	v	r	y	n	z	i	l
i	s	y	a	d	i	l	o	h	l	a	o	t	d	g	s	y	x	d	w	t	v	t
h	h	e	e	r	t	e	n	i	p	a	n	m	e	x	m	q	h	y	j	i	s	j
c	y	b	u	b	g	s	n	d	s	s	o	l	u	s	o	o	l	g	i	x	u	t

blanket
blizzard
boots
chilly
coats
cold
fireplace
frosty

frozen
giving
gloves
hat
holidays
hot chocolate
ice
iceskate

icicle
igloo
mittens
pinetree
scarf
snow
snowball
snowflake

snowman
snowsuit
sweater
wind
winter
wintry