

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit cabq.gov/seniors for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,

Anna Sanchez, Director
Department of Senior Affairs



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 - Noon
Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM
Crochet with Rafaelita- Thursday 10:30 am - 1:30 pm

Dance/Exercise

Line Dance Starter- Monday 10:00 am - 11:00 am
Line Dance- Wednesday 9:00 am - 10:00 am
Line Dance I Intermediate- Wednesday 10:15am - 11:15 am

Cards & Games

Billiards
Board Games and Puzzles
Monday-Friday 8:00 am - 5:00 pm
Bingo - Tuesdays 2:00pm - 4:15 pm

Exercise

Pilates- Mondays CANCELED TEMPORARILY: Check back mid-February
Pickleball - Monday 1:30 pm - 3:30 pm
Senior Aerobics - Tuesday 10:00 am - 11:00 am
Yoga - Thursday 9:00am-10:00 am
Tai Chi for Health -Thursdays 1:15 pm - 2:15 pm

Garden

On going garden activities

Language

Italian - Thursdays Canceled Temporarily: Check back mid-February

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm



February 4th

La Raza

February 11th Lovely Little Valentine Dance with Impresion

February 18th

Tino's Band

February 25th

Desert Springs



Advisory Council meeting

North Domingo Baca Multigenerational Center – 7521 Carmel Ave. NE, 871113

February 28 , 2022

Noon-2:00 pm



Groundhog Day Breakfast

Celebrate Groundhog day with Blueberry Pancakes! Only \$1 per pancake.
Wednesday, February 2nd, 8:00 am - 9:00 am



February Birthday Celebration

Tuesday, February 15th 10:45 am
Sponsored by Oak Street Health

Senior Citizen's Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.
Please call 265-2300 for more information and to schedule an appointment for

Thursday, February 10th

10:30 am - 12:30 pm

Life Planning Presentation

This presentation will provide information on preparing for incapacity and end of life. Topics include Power of Attorney, wills, & will substitutes.

Friday, February 18th

10:00 am - 11:30 am



Barelas Senior Center

will be CLOSED

Monday February 21st

in observance of

President's Day



FREE COVID-19 & FluVaccine Shot Clinic

All Ages Welcome, Walk-Ins Accepted

"You Call The Shots!" - All 3 Brands of COVID-19 vaccine boosters available (Pfizer-BioTech, Moderna, Johnson & Johnson's Janssen)

No insurance required - Please bring COVID-19 vaccination card for booster update. If applicable please bring your Medicare Part B Identification Card

Wednesday, February 9th

9:00 am - 12:00 pm



February is American Heart Month!

This is a great time to make good health choices and have your blood pressure checked!

GEHM Clinic

Tuesday February 15th & Wednesday, February 16th

8:30 AM - 11:00 AM

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.





Do you need help with your computer or smart phone?

Amy Biehl Students will be here to give one on one help to seniors.

Thursday, February 17th

1:00 pm - 3:00 pm



Trips

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

February is Black History Month

Learn about the first African American families to homestead in New Mexico.

Facing the Rising Sun Exhibit

Albuquerque Museum

Wednesday, February 2nd

Check In: 9:30 am - Return 2:00 pm



IAIA Museum of Contemporary Native

Arts in Santa Fe

Wednesday February 23rd

Check In 8:30 am - Return 6:00 pm

Walmart

Monday, February 7th & 28th

9:30 am - 11:30 am

Jersey Day

Come show your team spirit! Let's have some fun by wearing your favorite teams jersey!

Thursday, February 10th



Cornhole Fun!

It's not a pigskin, but we can throw a bean bag around! Come try your skills at a game of cornhole.

Friday, February 11th

9:30 am - 10:30 am



Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details



Lovely Little Valentine Dance

Friday, February 11th

1:30 pm - 4:00 pm

\$3

Valentine Fun



Sweets for the Sweet

Come celebrate Valentine's Day with us and enjoy some sweet treats.

9:30 am - 10:30 am

Movie Days

The Replacements

Wednesday, February 9th

1:15 pm



Hidden Figures

Wednesday, February 23rd

1:15 pm

