

Barelas Senior Center



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

February

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

Heartbeat Ball



Let your heart dance and
beat to the music.

Come join us!

Music by Rock N Ramon

Friday, February 13th

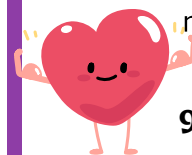
1:30 - 4:00 pm

\$3



It's Heart Health Month

February is American Heart Month!
A healthy diet and movement are so
important to a strong heart! Come join
us all month at our Senior Cardio and
Curls class. For each class you attend
you will receive a raffle ticket for a
chance to win a prize. If you wear red
to class in honor of Heart Health, you
will receive an extra ticket. Prizes will
be given out on the last class of the
month by Carrie Ann.



Tuesdays

9:30 am - 10:30 am

**Special Class and prizes on
February 24th**

JOIN US

for

SENIOR DAY

FEBRUARY 13, 2026

WWW.AGING.NM.GOV/SENIORDAY



Join us at the Roundhouse on February 13th for Senior Day at the Legislature — a special opportunity to connect, learn, and be heard. Enjoy a free resource fair, learn more about New Mexico Aging Services' initiatives and budget priorities, and help advocate for funding that creates positive impacts in the lives of New Mexicans every day.

The day will include a resource fair, legislative tours, speakers, and opportunities to connect with legislators, community leaders, and organizations serving older adults.

FREE AND OPEN TO OLDER ADULTS, CAREGIVERS, AND COMMUNITY MEMBERS ACROSS NEW MEXICO.

ONE ALBUQUERQUE senior affairs

NEW MEXICO AGING SERVICES
NEW MEXICO AGING SERVICES

The Department of Senior Affairs seeks your

Love Story

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of **250 words** detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.

Alongside your written story, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email.)

Anonymous submissions will be accepted; however, there is **no guarantee they will be featured**.

Drop entries off at any Senior or Multigenerational Center.
Stories will be collected until February 14, 2026.



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 Meditation - Monday 10:30 - 11:30 am

Coloring Group - ~~Thursday 12:30 pm~~ **NO Class this Month**

Colcha Embroidery -Fourth Friday of the Month 1:00 - 3:00 pm

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

Crochet 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 & Thursday 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

ESL - Tuesday 2:00 - 3:00 pm Starts 1/13

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

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

February 6th

February 13th

February 20th

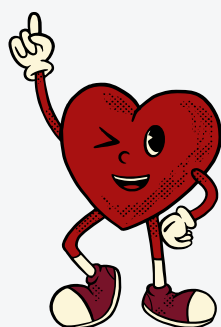
February 27th

La Raza

Rock N Ramon

Chili Beans Express

Antonio Y Los Unicos



Trips

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

Lunch out on the Town: Tomasitas

Tuesday, February 10th

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

Lunch at your own expense



Zoo Walk

Tuesday, February 10th

Check In: 8:40 am Return 11:00 am

Senior Day at the Roundhouse

Friday February 13th

Check In: 8:00 am Return 3:30 pm

Lunch at your own expense



Lunar New Year Celebration at the Chinese Cultural Center & Lunch

Saturday, February 21st

Check In: 12:15 pm Return 5:00 pm

Lunch at your own expense



Super Bowl Prep!

Let's get ready for the Superbowl!

Come wear your jerseys or hats and enjoy a snack! Come make a prediction on the game for a chance to win a prize and play some cornhole.



Friday, February 6th

10:00 am



Adopt a Garden Bed



Would you like to garden, but don't have the space? You could adopt a garden bed from our community garden! This is a great opportunity to grow your own food and make connections with other seniors.

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

ESL

¿Te gustaría mejorar tu inglés o aprender frases básicas del inglés? ¡Únete a nuestra clase de ESL (Inglés como Segundo Idioma) y abre las puertas a nuevas oportunidades!

Visite la recepción para obtener más

información o llámenos al

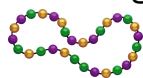
505-764-6436



It's the Year of the Horse & Mardi Gras!



It's the Lunar New Year and Fat Tuesday all on the same day! Seems like a day to celebrate. Let's enjoy some sweets together to kick off this fun time of year!



Tuesday, February 17th

10:30 am



We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



Power of Attorney

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.



Wednesday, February 18th

10:00 am - 12:00 pm

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 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.

We will be
CLOSED
Monday,
February 16th
in honor of
Presidents' Day.



Sweeten Your Look

It's a great time to try a sweet new look!
Aveda Institute students are offering new stylish
haircuts for only \$5.

Sign up at the front desk.



Monday, February 9th

10:00 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, February 12th

10:30 am - 12:30 pm



Voter Registration

Do you need to register to vote or update any of
your voter information? Would you like to
information on becoming a Poll Official? Come get
all the information you need here!



Monday, February 23rd

9:30 am - 12:30 pm



Ford V Ferrari

Wednesday, February 11th

1:15 pm

Rated PG-13

Action/Drama

Movie Days



A Big Bold Beautiful Journey

Wednesday, February 25th

1:15 pm

Rated R

Drama/Fantasy/Romance



GEHM Clinic

Wednesday, February 18th

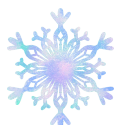
8:30 am - 12:00 pm

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

Monday, February 23rd at noon

Santa Barbara Martineztown Multigenerational Center - 4645 Pitt NE, 87111



February is Black History Month



The theme for Black History Month 2026 is
"A Century of Black History Commemorations."
This theme reflects on the historical significance
of Black history and the contributions of
individuals and communities of African descent
over the past century.

February Birthday Celebration

Come enjoy a sweet treat and
celebrate our February birthdays!

Tuesday, February 17th

1:00 pm



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, February 18th

12:30 pm - 4:30 pm



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
2	3	4	5	6
Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz	Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
				
9	10	11	12	13
Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz	Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz	Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz
				
CLOSED 16	17	18	19	20
	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz	Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz	Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz	Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz
				
23	24	25	26	
Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz	Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz	Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
				



Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on **Thursday, February 26th from 8:30-9:30am**. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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7			9			3		
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			8	7	3			
	7	9		5				
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3					5	4		

Great Presidential Quotes

“It is amazing what you can accomplish if you do not care who gets the credit.”

~ Harry S. Truman

“Every accomplishment starts with the decision to try.”

~ John F. Kennedy

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

~ John Quincy Adams

February

C	P	G	I	J	O	I	Z	X	M	O	T	H	P	M	C	L	N	J	N
G	I	G	D	W	C	O	Y	L	T	S	Y	H	T	E	M	A	P	E	N
B	H	I	D	V	A	L	E	N	T	I	N	E	D	P	H	A	D	U	B
S	S	P	G	X	E	P	Q	S	P	I	S	C	E	S	T	F	E	A	Z
A	D	N	N	F	M	D	Q	T	R	M	H	L	F	Z	N	E	N	I	X
B	N	D	I	P	U	C	Y	R	A	O	Y	M	U	I	O	B	T	M	T
P	E	Y	D	E	K	B	R	O	P	W	S	R	C	S	M	R	A	N	R
R	I	N	E	S	G	Z	D	P	W	J	Q	E	T	D	Y	U	L	L	A
E	R	H	E	I	Q	J	T	S	C	T	B	T	S	Y	R	A	H	Y	E
S	F	C	F	N	P	A	M	R	G	I	E	N	V	P	R	R	E	E	H
I	I	H	D	T	U	M	W	E	R	C	B	I	V	A	E	Y	A	W	W
D	A	O	R	F	K	K	W	T	G	G	R	W	H	T	H	V	L	L	O
E	C	C	I	H	C	W	H	N	K	T	O	X	X	U	C	A	T	K	N
N	F	O	B	D	J	S	C	I	X	Z	X	H	T	E	M	C	H	X	S
T	H	L	H	L	T	E	P	W	V	K	Q	P	D	C	Z	A	R	J	G
S	D	A	E	O	F	C	A	R	N	A	T	I	O	N	S	T	D	L	X
D	P	T	N	C	J	R	E	Q	F	K	M	V	V	A	U	I	P	X	Y
A	E	E	A	Q	U	A	R	I	U	S	U	S	Q	M	E	O	F	A	N
Y	P	S	J	I	H	K	Q	E	V	O	L	M	S	O	J	N	R	R	C
Y	R	O	T	S	I	H	K	C	A	L	B	A	L	R	A	E	M	G	G

Pisces

Birthstone

Dental Health

Winter sports

Black History

Snow

Romance

Friendship

Chocolates

February vacation

Valentine

Cold

Amethyst

Bird Feeding

Cupid

Love

Presidents Day

Groundhog

Carnations

Aquarius

Heart

Cherry Month

Winter

Roses