

# Barelas Senior Center



Director  
Anna M. Sanchez



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

## Happy New Year!

The New Year is a great time to try something new!  
Try a new exercise class or join one of our art classes. Learn a new language or try gardening. Talk to someone new or try shooting pool.  
Try going on a field trip or try a new volunteer opportunity.

There are many possibilities!

Come learn, play, and make connections with us!

Let's make it a great year!



### 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

## TIMELESS TUNES & NEW YEAR'S MOVES



**COME DANCE AND SHARE  
A TOAST WITH US AS WE  
CELEBRATE THE  
BEGINNING OF THE  
NEW YEAR!**

Music by: Chili Beans  
Express

**Friday, January 3rd**

**1:30 pm - 4:00 pm**

**\$3**

## Are you feeling lucky?

We're celebrating Chinese New Year and the luck it can bring. Come see how lucky you are for the year of the snake. Pick a red card and see what luck it will bring you

**Wednesday, January 29th**  
**10:30 am**



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 am - 11:30 am  
 Coloring Group - Thursday 1:00 pm  
 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, January 15th 11:00 am - 12:00 pm

### Language

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

January 3rd  
 January 10th  
 January 17th  
 January 24th  
 January 31st

Chili Beans Express  
 Rock N Ramon  
 Antonio Y Los Unicso  
 Brothers Trio  
 Milagro



## Trips

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

### Lunch Out on the Town:

#### Laguna Burger

Tuesday, January 14th

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

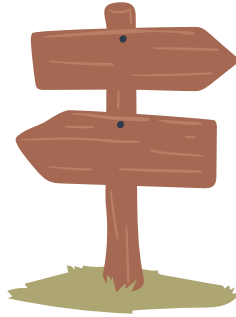
Lunch at your own expense

#### Belen Matanza

Saturday, January 25th

Check In: 8:00 am Return 2:00 pm

\$20 Fee



### Natural History Museum & Lunch

Wednesday, January 15th

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

Lunch at your own expense

### NM State Legislature Senior Day

Monday, January 27th

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

Lunch at your own expense

## Let's Color Together

Did you know that coloring can build mental strength and be a relaxing activity? We'll have a variety of supplies available. Come join us as we enjoy each other's company and color together!

**Starts Thursday, January 9th  
1:00 pm**



## 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 Bay Leaves.



**Wednesday, January 8th  
1:30 pm**



## Adopt a Garden Bed

Are you interested in having a garden bed at our community garden? Come join us to learn more about this great opportunity to grow your own food.



**Wednesday, January 15th  
11:00 am - 12:00 pm**



## Do you have a special talent you want to share?

We are always looking for new instructors for classes of exercise, art, or any other activity you would like to share! Contact the front desk if you want to help out or call 505-764-6436

## New Year, New Hair

Aveda Institute students are offering haircuts to start the new year out right, for only \$5.

Sign up at the front desk.

### Barelas

**Wednesday, January 15th**

**9:15 am**

**\*Tips appreciated**



## 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.**



## Flea Market Lottery

The Flea Market lottery will be changing to the last Thursday of the month at 11:00 am.

Come sell with us!



## National Popcorn Day

Americans eat 17 billion quarts of popcorn a year! We should at least have a bag to celebrate this great snack. Come join us!

**Friday, January 17th**

**10:30 am**





**ESL**

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

*hablo inglés*

Ven a aprender inglés!

**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, January 9th**  
**10:30 am - 12:30 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 AAARP Members \$25 for non-AAARP Members (Checks or Money Orders ONLY Accepted. NO CASH) Sign up at the front desk or call 505-764-6436

**Wednesday, February 19th**  
**12:30 pm - 4:30 pm**






**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.**

**January Birthday Celebration**

Come enjoy a sweet treat and celebrate our January birthdays!

**Tuesday, January 21st**  
**1:00 pm**

**Beetlejuice Beetlejuice**

Wednesday, January 8th

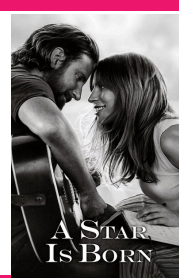
1:15 pm

Rated PG-13

Comedy



**Movies Days**



**A Star is Born**

Wednesday, January 22nd

1:15 pm


Rated R

Drama

**GEHM Clinic**

**Wednesday, January 22nd**  
**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, January 27th at noon.

Santa Barbara Martineztown Multigenerational Center: 1825 Edith Blvd. NE, 87102





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
<ul style="list-style-type: none"> <li>♦ Texas Chili</li> <li>♦ Cornbread/Margarine</li> <li>♦ Succotash</li> <li>♦ Diced Pears</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Asian Diced Pork/Peppers</li> <li>♦ Rice Pilaf</li> <li>♦ Oriental Blend</li> <li>♦ Fortune Cookie</li> <li>♦ 1% milk</li> </ul> 	<p><b>CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>	<ul style="list-style-type: none"> <li>♦ Omelet w/ Red Chile &amp; Peppers</li> <li>♦ Sweet Potatoes</li> <li>♦ Blackeye Peas</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Pudding</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Breaded Cod/Tartar Sauce</li> <li>♦ Crinkle Cut Fries</li> <li>♦ Peas &amp; Carrots</li> <li>♦ Brownies</li> <li>♦ 1% milk</li> </ul> 
6	7	8	9	10
<ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Green Chile Gravy</li> <li>♦ Sweet Potato Mash</li> <li>♦ Cauliflower w/ Pepitas</li> <li>♦ Diner Roll/Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Turkey Tetrazzini</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Mixed Berries</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Omelet w/ Red Chile &amp; Pepitas</li> <li>♦ Pinto Beans w/ Spinach &amp; Bell Peppers</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Diced Pork w/ Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Pear Slices</li> <li>♦ 1% milk</li> </ul> 
13	14	15	16	17
<ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>♦ Brussel Sprouts</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lemon Baked Tilapia w/ Tartar Sauce</li> <li>♦ Sweet Potato Mash</li> <li>♦ Green Beans</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Mixed Berries</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Tamales w/ Red Chile &amp; Pepitas</li> <li>♦ Steamed Mushroom</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Lasagna</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Steamed Mushroom</li> <li>♦ Sauteed Spinach</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 
20	21	22	23	24
	<ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Sweet Potato Mash</li> <li>♦ Sauteed Spinach</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Macaroni &amp; Broccoli</li> <li>♦ Brussel Sprouts</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Green Chile Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Pear Slices</li> <li>♦ 1% milk</li> </ul> 
27	28	29	30	31
<ul style="list-style-type: none"> <li>♦ Lemon Baked Tilapia w/ Tartar Suce</li> <li>♦ Mashed Potatoes</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Tamales w/ Red Chile &amp; Pepitas</li> <li>♦ Steamed Mushroom</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Diced Pork w/ Gravy</li> <li>♦ Sweet Potato Mash</li> <li>♦ Green Beans</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Spaghetti w/ Tomato Sauce &amp; Mushrooms</li> <li>♦ Cauliflower w/ Pepitas</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Diner Roll/Margarine</li> <li>♦ Mixed Berries</li> <li>♦ 1% milk</li> </ul> 

# New Year's Word Search

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

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST

