



**Director**  
**Anna M. Sanchez**

# January 2026

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

**CENTER STAFF**  
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**Center Manager**

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**Program Coordinator**

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**Office Assistant**

**Vacant**  
**Program Assistant**

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**General Service Worker**

**Jose Olivas**  
**Cook**

**Cynthia Garcia**  
**Kitchen Aide**



## HELLO 2026 *Dance*



*Let's celebrate the beginning of the  
New Year together with dancing!  
Come enjoy a toast and great music by*

**Antonio Y Los Unicos**  
**Friday, January 2nd**

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

**\$3**



## Senior Day at the Roundhouse

Join us on

Friday, January 23, 2026,  
as we travel to the  
Roundhouse to celebrate  
and advocate for older  
adults across New Mexico.  
Sign up at the front desk  
or call 505-764-6436.



## Start something new!

It's a new year! Why not try  
something new! Join an exercise  
class or try one of our art classes.

Learn a new language or start  
gardening. Play a game, meet a new  
friend, or go see somewhere new on  
a field trip. Maybe even try to  
volunteer your time! Let's continue to  
learn and grow in our beautiful  
Barelas Community! Let's make it a  
great new year!

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

## Activities

### Arts and Crafts

Art Meditation - Monday 10:30 - 11:30 am

Coloring Group - Thursday 12:30 pm

Colcha Embroidery -Fourth Friday of the Month 1:00 - 3:00 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 & 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 1:00 - 2:00 pm

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

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

**January 2nd**

**Antonio Y Los Unicos**

**January 9th**

**RocknRamon**

**January 16th**

**Paul Pino & The Tone Daddies**

**January 23rd**

**Enchanted Four**

**January 30th**

**Peter Vigl & The All Star Band**



## ***Trips***

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

### **Lunch out on the Town: Isleta Grill**

Tuesday, January 6th

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

Lunch at your own expense



### **Lunch & Harvey House in Belen**

Thursday, January 15th

Check In: 10:30 am Return 4:00 pm

\$5 donation

Lunch at your own expense

### **Belen Matanza**

Saturday, January 24th

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

\$20 Fee/Cash is best



### **Senior Day at the Roundhouse**

Friday January 23rd

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

### ***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.



### **Beginner Spanish**

Beginner Spanish Class Begins

Thursday, January 8th 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 13 de enero de 2025. Regístrate en la recepción. Ven a aprender inglés!

### **Reverse Mortgage**

Do you have questions or are you interested in Reverse Mortgage? Come get your questions answered with the Senior Citizens Law Office. Sign up at the front desk or call 505-764-6436.



**Tuesday, January 27th**

**9:30 am**

### **New Year, New You!**

It's a new year so why not try a new look! Aveda Institute students are offering new stylish haircuts for only \$5.

Sign up at the front desk.

**Friday, January 16th**

**9:40 am**



Do you need one on one help with your phone or computer? Teeniors will be here to help with all your tech needs. Sign up at the front desk or call 505-764-6436.



**Thursday, January 8th**

**3:00 pm - 5:00 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**



### **January Birthday Celebration**

Come enjoy a sweet treat and  
celebrate our January birthdays!

**Tuesday, January 20th**

**1:00 pm**





We will be  
CLOSED  
Thursday,  
January 1st  
in honor of  
New Years Day.

**HAPPY  
2026  
NEW YEAR**



We will be  
CLOSED  
Monday,  
January 19th  
in honor of  
Martin Luther  
King Jr. Day.

### National Compliment Day

It's a day dedicated to spreading positivity, kindness, and warmth through the simple act of giving genuine compliments. Let's take the opportunity to brighten someone's day! Whether it's complimenting a friend's style, applauding a coworker's achievements, or simply acknowledging someone's efforts, this day encourages us to spread positivity one compliment at a time.

Come join us as we give out compliments and snacks!

**Friday, January 23rd**

**10:30 am**

Kind

sweet

### Colcha Embroidery

Come enjoy and learn the beauty of Colcha Embroidery. All levels are welcome!



**Friday, January 23<sup>rd</sup>**

**1:00 pm - 3:30 pm**

**Every 4 Friday of the month**

### 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, January 8th**

**10:30 am - 12:30 pm**



For all our holiday and seasonal events, please visit

[www.cabq.gov/seniors](http://www.cabq.gov/seniors) and

click on the 'Senior Affairs Events' tab on the left side of the page.

### 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 ).

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



**Wednesday, February 18th**

**12:30 pm - 4:30 pm**



### Wake Up a Dead man: Movies Days Knives Out Mystery

Wednesday, January 14th

1:15 pm

Rated PG-13

Mystery/Dark Comedy



### Roofman

Wednesday, January 28th

1:15 pm

Rated R

Comedy



### GEHM Clinic

**Wednesday, January 21st**

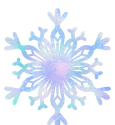
**8:30 am - 12:00 pm**

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 26th at noon

Bear Canyon Senior Center - 4645 Pitt NE, 87111













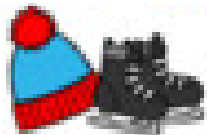


# JANUARY 2026

**ONE  
ALBUQUE  
ROQUE**

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.

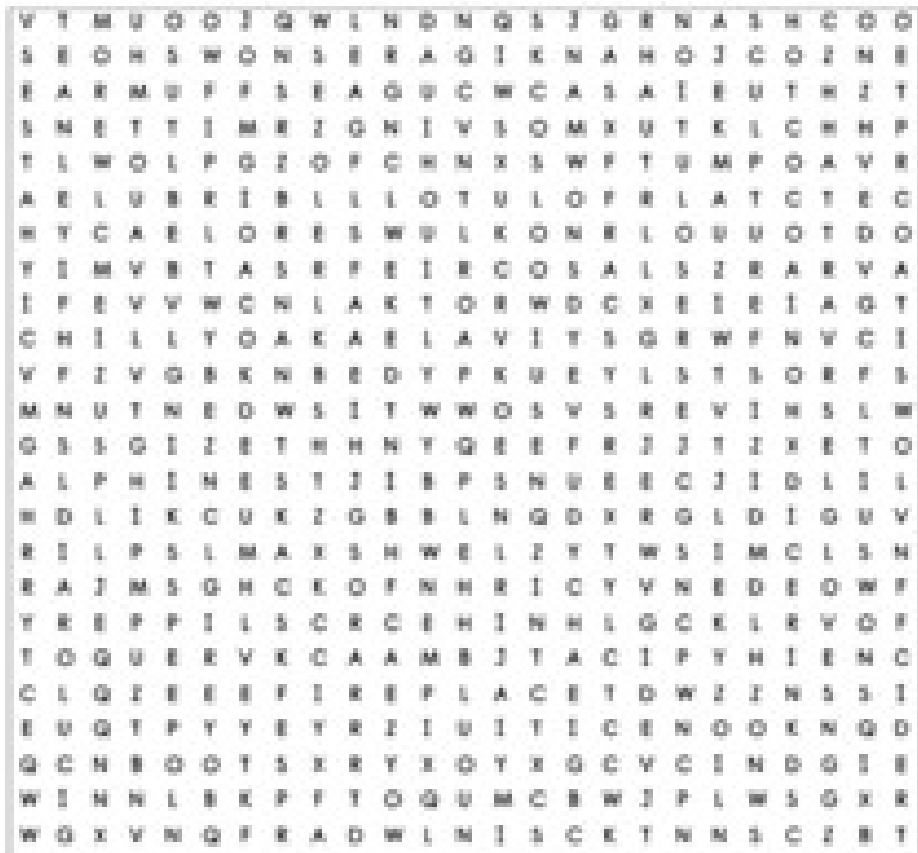
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>29</b> Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 <b>30</b> Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 <b>31</b> Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	<b>CLOSED</b> <b>1</b> 	 <b>2</b> Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz
 <b>5</b> Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 <b>6</b> Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 <b>7</b> Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 <b>8</b> Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 <b>9</b> Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 <b>12</b> Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 <b>13</b> Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 <b>14</b> Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 <b>15</b> Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 <b>16</b> Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
<b>CLOSED</b> <b>19</b> 	 <b>20</b> Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 <b>21</b> Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 <b>22</b> Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 <b>23</b> BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 <b>26</b> Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 <b>27</b> Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 <b>28</b> Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 <b>29</b> Green Chile Mac & Cheese 5oz w/ Broccoli 4oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 <b>30</b> Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz



# January



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



ALPINE	EARMUFFS	HOT COCOA	SCULPTURE	SNOWMAN
BLANKET	EVERGREEN	ICE	SHIVER	SNOWSHOES
BUIZZARD	FIREPLACE	ICE KING	SKATES	SNOWSUIT
BOOTS	FLURRIES	ICICLES	SKIING	SWEATER
CARIN	FROST	MITTENS	SLEDGING	TOROGGAN
CHILLY	FROZEN	NEW YEAR	SLIPPERY	TOQUE
CIDER	GLOVES	PABCA	SLUSH	WHITE
COAT	HAT	FLOW	SNOW	WIND CHILL
COLD	hibernate	RESOLUTION	SNOWBALL	WINTER
DRIFT	HOCKEY	SCARF	SNOWFLAKE	WOOLSOCKS

## Great Quotes: Martin Luther King Jr.

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

The richer we have become materially, the poorer we become morally and spiritually. We have learned to fly in the air like birds and swim in the sea like fish, but we have not learned the simple art of living together as brothers.

## New Years Traditions

In Scotland, “first-footing” is practiced on New Year’s Day, where the first person to enter a home brings gifts for luck.

Eating 12 grapes at midnight on New Year’s Eve is a Spanish tradition believed to bring good luck.

In Japan, people eat toshikoshi soba (year-crossing noodles) on New Year’s Eve for good luck.

Many cultures believe that what you do on January 1st sets the tone for the entire year.

In some parts of the United States, eating black-eyed peas on New Year’s Day is thought to bring prosperity.

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