

Barelas Senior Center



Director
Anna M. Sanchez



Happy July!

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505-764-6436

www.cabq.gov/seniors

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what's going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website.

Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque's City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico.

As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our "Coffee with Constituents" events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.



Sincerely,

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 **CANCELLED**: Will return Sept. 6th

Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM

Crochet with Rafaelita- Thursday 10:30 am -1:00 pm

Dance/Exercise

Line Dance- Beginner Wednesday 9:00 am - 10:00 am

Line Dance - High Beginner- Wednesday 10:15am - 11:15 am

Line Dance- Intermediate - Friday 9:30 am - 11:00 am



Cards & Games

Billiards

Cards and Puzzles

Monday-Friday 8:00 am - 5:00 pm

Bingo - Tuesdays 2:00pm - 4:15 pm



Exercise

Pilates- Mondays 8:30 am - 9:30 am

Pickleball - Monday 1:30 pm - 3:30 pm

Senior Aerobics - Tuesday 10:00 am - 11:00 am

Senior Aerobics - Thursday 1:30 pm - 2:30 pm

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 1:30 pm - 2:30 pm (Will Resume May 19th)

Spanish - Wednesdays 1:00 pm - 2:00 pm

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm



July 1st

July 8th

July 15th

July 22nd

July 29th

Milagro

La Raza

Tino's Band

Michael Rascon Band

Chili Beans Express





GentleFlow Yoga

Join us for 4 free class session of Gentle Flow Yoga. This mat based class will help you to relax, de-stress, increase flexibility, and get back in touch with your body.

Starts Friday, July 1st

10:30 - 11:30 am

Sign Up at the front desk



Trips

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

Santa Rosa Blue Hole & Park Lake

Wednesday, July 20th

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



Wheels Museum

Wednesday, July 27th

Check in: 9:15 am Return: 12:00 pm

Cost: Donation

Walmart

Monday, July 18th

Check in: 9:30 am Return : 11:30 pm

Lavender in the Village Festival

Sunday, July 24th

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

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.

Thursday, July 14th

10:30 am - 12:30 pm



GEHM Clinic

Wednesday, July 20th

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.



Movies

In the Heights

Wednesday, July 13th

1:15 pm

PG-13



American Underdog

Wednesday, July 27th

1:15 pm

PG

4th of July Dance

Let's celebrate our independence day with dancing!
Come join us for dancing, wonderful music, and yummy snacks!

Friday, July 1st
1:30 - 4:00 pm
\$3



Music by Milagro

Ice Cream Social

Come cool off with some yummy ice cream

.75 cents

Tuesday, July 26th
1:00 pm - 1:30 pm



July Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, July 19th 1:00 pm
Sponsored by Oak Street Health



Flea Market

New changes are coming to the flea market!

Starting the **second Thursday of July**, we will be having a monthly lottery for flea market tables at 11:00 am. If you are interested in having a table, you can put your card in the hat! If you have any questions, contact the front desk.



Let's Rock Out!

Come join us for a fun creative experience! Roadrunner hospice will be hosting a daily affirmation rock painting activity. Come get creative & get a little inspired.

Roadrunner Healthcare



Thursday, July 28th

10:00 am - 12:00 pm
Sign Up at the front desk



CLOSED

Barelas Senior Center will be closed
Monday, July 4th
in honor of Independence Day



FREE COVID-19 & Vaccine Shot Clinic

All Ages Welcome, Walk-Ins Accepted
No insurance required - Please bring COVID-19 vaccination card for booster update. If applicable please bring your Medicare Part B Identification Card

Friday, July 29th
9:00 am - 12:00 pm



Advisory Council meeting
Bear Canyon Senior Center – 4645 Pitt NE, 87111
July 25, 2022
Noon-2:00 pm