

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

CENTER STAFF

Julio Santiesteban
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Catherine Romero
Office Assistant

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Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide



CRAFT & RESALE EVENT

**IT'S NEVER TOO EARLY TO START YOUR
HOLIDAY SHOPPING! COME EXPLORE SOME
WONDERFUL FINDS FROM ALMOST
30 VENDORS!**



Barelas
Thursday, July 27th
8:15 am - 11:15 am



Coffee with a Cop

Come enjoy some coffee, a sweet treat, and some great conversation with Albuquerque Police Officers.

Barelas
Friday, July 14th
10:00 am - 11:00 am



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 - 12:00 pm

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

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

Art Meditation - Monday 10:00 am - 11:00 am



Dance/Exercise

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

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

Cards & Games

Billiards

Cards and Puzzles

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

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

Exercise

Pilates- Monday 8:30 am - 9:30 am

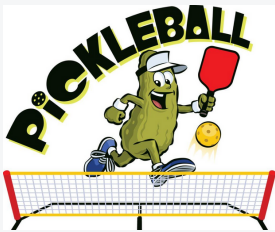
Pickleball - Monday 1:30 pm - 3:30 pm

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

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

Yoga - Thursday 9:00 am - 10:00 am

Tai Chi for Health - Thursday, 1:15 pm - 2:15 pm



Garden

Greenhouse Garden Gathering Monthly Meeting

3rd Monday of the month July 17th 11:00 am - 12:00 pm

Language

Italian - Thursday 1:30 pm - 2:20 pm

Conversational Spanish - Wednesday 1:00 pm - 2:00 pm

Beginner Spanish - Wednesday 2:15 pm - 3:15pm

Dance to Live Music



\$3/person

Fridays

1:30 pm - 4:00 pm

July 7th

Antonio y Los Unicos

July 14th

La Raza

July 21st

Chili Beans Express

July 28th

Milagro



Trips

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

Gutierrez Hubbell House

Wednesday, July 12th

Check in: 9:00 am Return 2:30 pm

Lunch at your own expense



Tour of the Governor's Mansion

Wednesday, July 26th

Check in: 9:30 am Return 4:30 pm

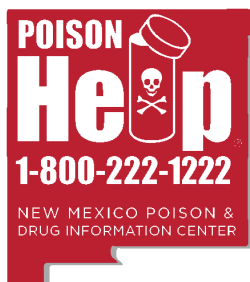
Lunch at your own expense

Have you ever forgotten to take your medicine or take too much medicine and did not know what to do? Learn about our free and confidential drug information line and medication safety tips.

Barelas

Thursday, July 20th

8:30 am - 11:00 am



Ice Cream Social

Cool off with some ice cream and enjoy some good company!

Barelas

Friday, July 28th

1:00 pm - 2:00 pm



Sponsored by



Garden Gathering

Open Greenhouse Gardeners Gathering.

Third Monday of the Month

Everyone welcome, so come check out what we have going on!

Barelas

Monday, July 17th

11:00 am - 4:00 pm



Is it time to renew your membership?

It's that time of year when many memberships are expiring. Check the expiration on the back of your card. See the front desk for registration form and any questions.



Are you ready for a new summer look?

Aveda Institute students are offering new summer haircuts for only \$5. Limited spots available.

Sign up at the front desk.

Barelas

Wednesday, July 19th

9:15 am

Must sign up by the morning of July 10th

**Tips appreciated*





We will be **CLOSED
Tuesday, July 4th in
observance of
Independence Day!**



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, July 13th
10:30 am - 12:30 pm**



July Birthday Celebration

Come enjoy a piece of cake and celebrate.
our June babies!

Tuesday, July 18th 1:00 pm

Sponsored by
Oak Street Health



Pie Social

Come enjoy a slice of pie and have a good time!

.75 a slice

Barelas

**Thursday, July 13th
10:00 am - 11:00 am**



Movies Made in New Mexico

Flamin' Hot

Wednesday, July 12th

1:15 pm

Rated PG-13



Chupa

Wednesday, July 26th

1:15 pm

Rated PG



GEHM Clinic

Wednesday, July 19th

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, July 17th at noon

Highland Senior Center - 131 Monroe NE, 87108

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> ◆ Lemon pepper chicken w/brown rice ◆ Diced beets ◆ Roasted brussels sprouts ◆ Chocolate pudding ◆ 1% Milk 	<p>4</p> <p>WE WILL BE CLOSED JULY 4th</p>	<p>5</p> <ul style="list-style-type: none"> ◆ Garlic tilapia ◆ Whole wheat pasta w/ diced tomatoes ◆ Calabacitas* ◆ Yogurt ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Meatballs w/marinara w/cheese ◆ Whole grain hoagie roll ◆ Steak fries w/ketchup ◆ Seasonal vegetables* ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>COLD MEAL 7</p> <ul style="list-style-type: none"> ◆ Egg Salad on whole grain bread ◆ Lettuce & tomato ◆ Carrot sticks ◆ Seasonal fruit* ◆ 1% Milk 
<p>10</p> <ul style="list-style-type: none"> ◆ Pork Chop w/brown rice ◆ Rosemary potatoes w/ margarine ◆ Seasonal vegetable* ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Beef fajita w/red and peppers and onions* ◆ Pinto beans* ◆ Flout tortilla ◆ Baked apples ◆ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Pasta (Penna) primavera stir fry veg*/alfredo sauce ◆ Spinach w/onions ◆ Bread stick ◆ Yogurt ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Buttered noodles ◆ Green beans ◆ Fresh seasonal Fruit* ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Chicken Parmesan ◆ Zucchini w/butter ◆ Seasonal Vegetables* ◆ Jello ◆ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ◆ Carne Adovada: Pork ◆ Spinach ◆ Pinto beans* ◆ Flour tortilla ◆ Fresh Seasonal Fruit* ◆ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ◆ Sweet & sour chicken w/ stir fry vegetables* ◆ Seasonal vegetable* ◆ Brown rice ◆ Fortune Cookie ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Salisbury steak w/gravy mushroom ◆ Mashed potatoes ◆ Fresh banana ◆ Whole grain dinner roll w/margarine ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Cheese Omelet w/fajita blend ◆ Stewed tomato ◆ Dice potato ◆ Whole grain biscuit w/ margarine ◆ Mandarin Oranges ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ BBQ pork pulled ◆ Roasted sweet potato ◆ Seasonal vegetable* ◆ Fresh seasonal fruit* ◆ Whole grain dinner roll w/margarine ◆ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce: Beef ◆ Imperial blend vegetables ◆ Seasonal vegetables* ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Bake salmon w/lemon and garlic ◆ Ancient grain blend ◆ Green beans w/ mushrooms ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Red chile tamales: Pork ◆ Calabacitas* ◆ Pinto Beans* ◆ Fresh Seasonal Fruit* ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Mac & cheese green chile ◆ Broccoli ◆ Seasonal Vegetables* ◆ Yogurt ◆ 1% Milk 	<p>Cold Meal 28</p> <ul style="list-style-type: none"> ◆ Chicken salad sandwich on whole grain bread ◆ Sliced cucumber* and carrot sticks ◆ Cole Slaw ◆ Fresh Seasonal Fruit* ◆ 1% Milk 
<p>31</p> <ul style="list-style-type: none"> ◆ Meatloaf w/tomato sauce ◆ Roasted redskin potato ◆ Succotash ◆ Fresh seasonal fruit ◆ Whole grain dinner roll w/ margarine ◆ 1% Milk 