

Barelas Senior Center



Director
Anna M. Sanchez



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



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



Summer Craft Fair



It's too hot outside, so come shop inside!
Come cool off and shop with us! We will have a
great variety of handcrafted items made by our
talented seniors. Plus, you can shop our eclectic
flea market. Come find a new treasure.



Thursday, July 10th
8:30 am - 12:00 pm



WEAR RED, WHITE, AND BLUE DAY!

It's a great day to
celebrate our freedom, to
wear our patriotic colors,
and to enjoy a nice cold
root beer float!
Come join us!

Thursday, July 3rd
10:00 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 volunteers in action

Back To School Supply Drive

Help students succeed this fall by donating school supplies today!

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.

Items Needed

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils
- Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils

Bring Donations to your local senior or multigenerational center before July 31, 2025

For more information call 505.764.1009

Scan to see our registry on Amazon



ONE ALBUQUERQUE senior affairs

Activities

Arts and Crafts

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

Coloring Group - Thursday 12:30 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

Painting from the Heart - Wednesday 9:00 - 11:30 am

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 10:30 - 11:30 am

Yoga - Thursday 9:00 - 10:00 am

Tai Chi: Holistic - Friday 9:00 - 10:00 am



Garden

Community Garden open Wednesdays, 9:00 - 12:00 pm

Greenhouse Garden Gathering Monthly Meeting

Wednesday, July 16th 11:00 am - 12:00 pm

Learning

Bible Study - Monday 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 - Thursday 2:15 - 3:15 pm

Italian - Thursday 1:30 - 2:30 pm

Spanish: Beginner 1 - Tuesday 2:15 - 3:15 pm

Spanish: Beginner 2 - Thursday 1:00 - 2:00 pm

Spanish: Beginner 3 - Tuesday 1:00 - 2:00 pm

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

Spanish: Intermediate II - Wednesday 1:00 - 2:00 pm

Music

Beginner Guitar- Monday 1:00 pm - 2:00 pm

Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm

Guitar-Open Practice - Friday 1:00 pm - 2:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

July 4th

July 11th

July 18th

July 25th

No Dance (closed)

Peter Vigil

Chili Beans Express

La Raza



Trips

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

Lunch Out on the Town: The Grill

Tuesday, July 8th

Check In: 10:40 am Return 2:00 pm

Lunch at your own expense



Santa Rosa Blue Hole

Wednesday, July 16th

Check In: 8:00am Return 5:30 pm

Pack a lunch

Origami in the Garden in Santa Fe

Wednesday, July 23rd

Check In: 8:30 am Return 4:45 pm

Donations appreciated

Lunch at your own expense

ABQ BioPark Aquarium & Lunch

Thursday, July 17th

Check In: 9:00 am Return 2:00 pm

\$5.50 for 65+ w/NM I.D.

Lunch at your own expense



Important Notice:

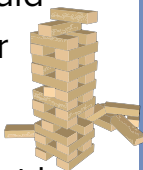
Barelas Senior Center, Bear Canyon Senior Center, Highland Senior Center, and Palo Duro Senior Center & Fitness Center will all be closed through the week of

August 4th- August 8th.

Please visit one of the other centers & remember to make your lunch reservations.

Board Games & Tech Help

Do you like to play board games or could you use some help with tech on your phone or computer?



Amy Biehl students will be here to interact by playing games or helping with any tech needs.



Thursday, July 24th
12:30- 2:30 pm



Summer is Calling

New season, new you! Aveda Institute students are offering summer haircuts for only \$5.

Sign up at the front desk.

Wednesday, July 16th
9:45 am

***Tips appreciated**



July Birthday Celebration

Come enjoy a sweet treat and celebrate our June birthdays!

Tuesday, July 15th
1:00 pm



Beginner Spanish Class

Join our beginner-level Spanish class! No prior experience needed- just a willingness to learn! Sign up at the front desk or call 505-764-6436.

Tuesday's
2:15 pm

Beginner Guitar

Would you like to learn how to play the guitar? Let's learn together! This will be a group effort to follow a learning plan to help each other learn the guitar and keep on track.

Come join us and learn a new skill!

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



Monday's
1:00 pm - 2:00 pm



KARAOKE

Do you like music? Do you like to sing? Do you like to have fun? Let's karaoke together

Thursdays
9:30 - 11:00 am

Estate Planning

Topics will include powers of attorney, advance directives, Wills, and transferring assets without probate. Note: the presenter will only be able to answer general questions and cannot give personal legal advice. Call 505-764-6436 to sign up

Thursday, July 24th
9:30 am

Coffee with Constituents

Center members are encouraged to visit with Senior Affairs Administration during Coffee with Constituents. This provides an opportunity to discuss any concerns, ask questions as well as a time to share what is important to you with members of the Senior Affairs leadership.



Thursday, July 10th
9:30 am - 10:30 am

Holistic Tai Chi

Come experience balance and meditation through motion.

Friday's

9:00 am - 10:00 am



Art for Barelvas Park

Come help to put the finishing touches on the tiles for the new sculpture for Barelvas park. All skill levels are needed for this project. Come join us along with Working Classroom and Parks & Recreation to create art for the park!

Friday, July 18thth
2pm - 5pm



Grow your own veggies or flowers!

Garden beds are still available in Barelvas Senior Greenhouse Garden.

Contact 505-764-6436 for more information.



Hacksaw Ridge

Wednesday, July 9th
1:15 pm
Rated R
Drama/True Story



Movies Days



**We will be
CLOSED
Friday, July 4th
in honor of
Independence Day**



Main Garden Tour

Come take a tour of our main garden. Come see what's growing & get garden tips!

Mondays in July
9:00 am - 10:00 am



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, July 16th



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



Novocaine

Wednesday, July 23rd
1:15 pm
Rated R
Comedy/Action



GEHM Clinic

Wednesday, July 16th

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 21st at noon.

North Valley - 3825 4th Street NW , 87107

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	CLOSED 4
Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion Salad 4oz Orange 1ea 1% Milk 8oz 	Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz 	
7	8	9	10	11
Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz 	Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz 	Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz 	Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz 
14	15	16	17	18
Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 	Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz 	Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz  	Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 
21	22	23	24	25
Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz 	Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz 	Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz 	Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz 	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz 
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 

Happy Independence Day!

4th of July Word Search

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



ABLAZE
 ANTHEM
 BACKYARD
 BLAST
 GATHERING
 RED
 WHITE
 BLUE
 CAVALCADE
 CELEBRATION

CROWDS
 DECORATIONS
 BANG
 BOOM
 BATTLEFIELD
 CAMPING
 DELICIOUS
 DESSERT
 DEMOCRACY
 EMOTIONAL

FEAST
 FLAG
 AMERICA
 FIRECRACKERS
 ROCKETS
 EXPLOSIONS
 MUSIC
 PICNICS
 POTLUCK
 FREEDOM
 INDEPENDENCE
 GRILL
 HISTORY
 LIBERTY
 NATIONAL
 PARADES
 PATRIOTIC
 FIREWORKS
 FESTIVAL

There are three Sudoku rules:
Firstly, each row must contain the numbers 1-9 exactly once each.
Secondly, each column must contain the numbers 1-9 exactly once each.
Lastly, each 3x3 box must contain the numbers 1-9 exactly once each. That's it!

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