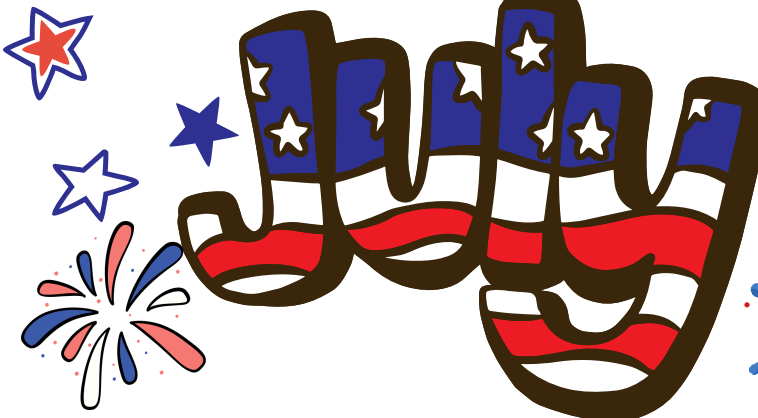


Barelas Senior Center



Director
Anna M. Sanchez



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

CENTER STAFF
America Bencomo
Center Manager

Janelle Apodaca
Program Coordinator

Catherine Romero
Office Assistant

Vacant
Program Assistant

Laura Molina
General Service Worker

Jose Olivas
Cook

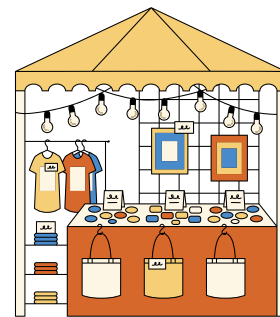
Cynthia Garcia
Kitchen Aide

SUMMER CRAFT FAIR & FLEA MARKET

Discover a variety of unique locally made items
as well as vintage finds.

Come join us!

Thursday, July 9th
8:30 am - 12:30 pm



DIABETES AND HEART HEALTH PRESENTATION

Join the New Mexico Department
of Health for an informative
presentation on preventing the
onset of type 2 diabetes and
maintaining cardiovascular
health!

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

Wednesday, July 8th
10:00 am - 11:00 am



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

NEW

Yang Tai Chi

**Weaker Joints and/or muscles? Lost
balance? Insufficient calm minds?**

Come join our free Tai Chi class!
We will learn the complete Yang's 24
Simplified Forms, the most popular Tai Chi
practice in China for more than 70 years.

Practicing this sequence of Tai Chi forms
may benefit seniors both physically and
mentally. We will take the time necessary,
to learn its slow and steady movements
step by step as well as the very Tai Chi
principles behind it.

Starts Wednesday July 8th
9:00 am - 10:00 am

Instructor: Yixin



**ONE
ALBUQUERQUE**
senior affairs



Accredited by **ncoa**
National Institute of
Senior Centers

Activities

Arts and Crafts



- Art Journeys - Monday 10:30 - 11:30 am
- Coloring Group - Thursday 12:30 pm
- Colcha Embroidery - Third Monday of the Month 1:00 - 3:30 pm
- Crochet w/Roland - Tuesday 10:00 - 11:00 am
- Crochet w/Rafaelita - Thursday 10:30 - 1:00 pm
- Ceramics - Mondays & Wednesdays 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



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

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
- Yang Tai Chi - Wednesday 9:00 - 10:00 am



Starts July 8th

Garden

Main Garden open daily.

Greenhouse Garden hours will vary by volunteers.

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 12:30 - 1:30 pm
- Spanish: Intermediate II- Wednesday 1:30 - 2:30 pm
- Advanced Spanish Conversation - Wednesday 2:30 pm - 3:30 pm

Learning

- Bible Study - Wednesday 9:30 - 10:30 am

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

- July 3rd
- July 10th
- July 17th
- July 24th
- July 31st

CLOSED - No Dance

Southern Trail

Desert Springs

Paul Pino & The Tone Daddies

Milagro



Trips

A minimum of three people must sign up for weekly trips in order for the van to depart. Please see additional information on trip details posted on center board in the Social Hall.

Lunch Out on the Town: Golden Pride

Tuesday, July 7th

Check In: 10:45 am Return: 1:30 pm

Lunch at your own expense



Santa Rosa Blue Hole

Wednesday, July 15th

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

Pack a lunch

Indian Pueblo Cultural Center & Lunch

Tuesday, July 21st

Check In: 9:15 am Return: 2:00 pm

\$7 Entry Fee

Lunch at your own expense



Art Journeys



Art from the heart for our inner and outer lives. All levels of art comfort or discomfort welcome!

All you need is a willingness to try

Bring: Paper or art journal, pencils, crayons, or markers



Mondays 10:30 am - 11:30 am



American as Apple Pie

Let's celebrate 250 years of our great country with a slice of American Apple Pie.

Thursday, July 2nd

10:15 am

Come also enjoy our Flea Market & some great instrumental music.



Coffee with Constituents

Center members are encouraged to visit with the Senior Affairs Director 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 23rd
8:30 am - 9:30 am**

Santa Barbara - Martineztown Multigenerational Center
1825 Edith NE, 87102



Summer Break

Ceramics will be on break *June 29th - July 10th.*

Spanish classes will be on break all of August.

Other classes may have breaks that are not listed.

Please check with your instructor.

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 AARP Members: \$25 for non-AARP Members (Checks or Money Orders ONLY Accepted).

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

Wednesday, July 15th

12:30 pm - 4:30 pm



Beginner Guitar

Have you always wanted to learn how to play the guitar?

Come learn with us!

Tuesdays 10:00 am

(Bring your own guitar)



July Birthday Celebration

Come enjoy a sweet treat and celebrate our July birthdays!

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



GROW YOUR OWN VEGGIES, FLOWERS, & PLANTS



Adopt a Garden Bed from the AARP Smart Driver Barelvas Senior Center Community Greenhouse & Compost Garden!

Sign up at front desk to get more information



We will be
CLOSED
Friday, July 3rd
in honor of
Independence
Day!



IMPORTANT NOTICE

**THE FOLLOWING CENTERS WILL BE
TEMPORARILY CLOSED FOR EMPLOYEE
TRAINING**

THE FIRST WEEK OF AUGUST:

Barelas Senior Center
North Valley Senior Center, Bear Canyon Senior
Center, and Highland Senior Center will all be
closed through the week of
AUGUST 3 - AUGUST 7.

Get Your Summer Glow On!

Have you ever had a facial? Would you like to try one? Aveda is offering a limited amount of facials to seniors for a special price, \$20 + tip. Sign up at the front desk.



**Monday, July 13th
9:40 am - 11:30 am**



Summer Fun Hair

It's time to update your look for summer!
Aveda Institute students are offering new stylish
haircuts for only \$5.

Sign up at the front desk.



**Monday, July 13th
9:40 am**



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 9th
10:30 am - 12:30 pm**



Estate Planning

Join the Senior Citizens' Law Office for a presentation on **Estate Planning**. Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-probate transfers, etc.).



**Thursday, July 16th
9:30 am - 10:30 am**



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**



**For a full list of programs,
activities, and events happening
across DSA centers, please visit the
DSA website**

www.cabq.gov/seniors.

**Epic: Elvis Presley in
Concert**

Wednesday, July 8th
1:15 pm
Rated PG-13
Music/Documentary



Movie Days



Jay Kelly
Wednesday, July 22nd
1:15 pm
Rated R
Comedy/Drama

GEHM Clinic

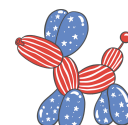
**Wednesday, July 22nd
8:30 a.m. - 12:00 p.m.**



Nurse-managed clinics offer a range of health promotion services for individuals 55 and over. Services include blood pressure and diabetes screening, health assessments, counseling on nutrition, health issues, aging, medication management, diabetic self-management education, and more.

Advisory Council Meeting

Monday, July 20th at noon
Highland Senior Center - 131 Monroe NE, 87108



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	
 29	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	 30	Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	 1	BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	 2	Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	CLOSED 3  4TH OF JULY WEEKEND	
 6	Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	 7	Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	 8	Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	 9	Pasta Primavera w/ 5 Way Veggies 2oz Alfredo Sauce 1oz Spinach/Mushrooms 4oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	 10	Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
 13	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	 14	Teriyaki Chicken w/ 3oz Fajita Vegetables 4oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 15	Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	 16	Cheese Omelet w/ Peppers & Red Chile 2oz Stewed Tomatoes 4oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	 17	Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
 20	Beef w/ Peppers & Onions 2oz Normandy Blend 4oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	 21	Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	 22	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	 23	Green Chile Mac & Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	 24	Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
 27	Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	 28	Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	 29	Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	  30 Anti-Inflammatory	Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz	 31	Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz

BIG ANNOUNCEMENT

NEW BREAKFAST MENU COMING!



The Department of Senior Affairs will continue to offer breakfast service at participating City of Albuquerque senior and multigenerational centers. Beginning Monday, July 6, guests can enjoy a refreshed breakfast menu featuring delicious, daily options.

To ensure the long-term sustainability of this valued program, we have made thoughtful updates to our breakfast menu, still featuring our popular plates with a focus on this service for our seniors only.

We are proud to be the only municipally operated senior breakfast program of its kind in New Mexico. More than a meal, breakfast is an opportunity for seniors to connect with friends, build community, and start the day together. Through our programming, there will also be renewed opportunities to bring seasonal and holiday breakfast specials to support those connections.

Below is the revamped breakfast menu that will be offered consistently across the Department of Senior Affairs.

Full Breakfast – \$4.00

Mini Breakfast – \$3.00

Breakfast Burrito – \$4.00

English Muffin Sandwich – \$3.00

Huevos Rancheros – \$5.00

(ONLY offered on Tuesdays and Fridays)

Beverages: Orange Juice, Milk, or Tea – \$0.50

Coffee – FREE!