

# Barelas Senior Center



Director  
Anna M. Sanchez



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

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

**CENTER STAFF**  
**Julio Santiesteban**  
**Center Manager**

**Janelle Apodaca**  
**Program Coordinator**

**Catherine Romero**  
**Office Assistant**

**Evelyn Ulibarri**  
**Program Assistant**

**Laura Baca**  
**General Service Worker**

**Jose Olivas**  
**Cook**

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

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://cabq.gov/seniors>. As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone. We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,  
Director Anna Sanchez

## Barelas Park Grand Re-Opening

Come celebrate the Grand Re-Opening of Barelas Park!  
Music, ice cream truck, and a visit from Mayor Tim Keller will

be just some of the fun!

**Wednesday, June 7th**

**5:30 pm - 7:00 pm**

**GRAND  
REOPENING**

**Barelas Senior Aerobics Group will also be having  
class outside in the park on Tuesday, June 6th**

**10:00 am - 11:00 am**

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 - 12:00 pm  
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 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 10:15 am - 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 - 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 June 19th 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**



**June 2nd**  
**June 9th**  
**June 16th**  
**June 23rd**  
**June 30th**

**Paul Pino & The Tone Daddies**  
**La Raza**  
**Paul Pino & The Tone Daddies**  
**Chili Beans Express**  
**Impresion**



## Trips

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

### Walk to The Downtown Growers Market

Saturday, June 17th

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

Lunch at your own expense

### Hike to Jemez Waterfalls

Wednesday, June 21st

Check In: 8:15 am - Return 5:00 pm

Bring a sack lunch

### Wildlife West Nature Park in Edgewood

Friday, June 30th

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

\$2 fee

Lunch at your own expense

## Need a Ride to Visit Your Loved One?

Santa Fe National Cemetery Visitation Opportunity

The New Mexico Rail Runner Express along with local organizations is providing a limited number of seniors, from each of our senior centers, a round-trip to the cemetery.

Participation is limited.

**Wednesday, June 14th**

**Sign up at the front desk.**

Seniors must be a registered member.



## Do you need help with you cell phone, laptop, or tablet?

Teeniors will be here to work one on one with your technology questions.

Sign up at the front desk or call 505-

764-6436

**Barelas**

Friday, June 23rd

10:00 am - 12:00 pm



## We will be CLOSED Monday, June 19th in observance of Juneteenth.



## Art Mediation Class

This class combines the joy of free style art with paying inner attention.

A playful willingness to scribble, shapes and colors, plus an interest in connecting inner and outer art is all that is required.

Additional helpful supplies: watercolors, markers, crayons, paper or an art journal can be useful for the experience.

**Barelas**

**Starts Monday, June 5th**

**10:00 am - 11:00 am**



## Father's Day Dance

Come dance with us and celebrate Father's. All men get in free!

**Music by Impresion**

Light refreshments

**Wednesday, June 14th**

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



## Father's Day Floats

Let's celebrate Dad's with some Root Beer Floats!

**Barelas**

**Friday, June 16th**

**10:00 am - 11:00 am**

 **PRESBYTERIAN**

## Garden Compost Unveiling

Join us for the unveiling of our new Compost Bin made possible by the NMED RAID grant. Activities and information about composting will be available.

Plant give aways provided by City Parks and Recreation.

**Barelas**

**Friday, June 23rd**

**10:00 am - 11:30 am**



## 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, June 8th**

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



## June Birthday Celebration

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

**Tuesday, June 20th 1:00 pm**

Sponsored by  
Oak Street Health



## A Man Called Otto

Wednesday, June 14th

1:15 pm

Rated PG-13



## Movies

## Champions

Wednesday, June 28th

1:15 pm

Rated PG-13



## GEHM Clinic

**Wednesday, June 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.

## Little Free Library June Book Drive

The Little Free Library promotes literacy, the love of reading, and builds a sense of community as we share skills, creativity, and wisdom across generations. Throughout the month of June, help us fill our shelves by donating a book! Donations accepted at the front desk.

## Advisory Council Meeting

Monday, June 26th at noon

Bear Canyon Senior Center - 4645 Pitt NE, 87111