



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

Father's Day Celebration

Come celebrate Dads with us!

We will be having some yummy treats and great music by guitarist, Johnny Chacon.



Friday, June 13th

10:00 am - 11:15 am



Barelas Artist Showcase

We have many great art classes at Barelas filled with talented seniors. Come check out their work and learn about classes such as painting, tin punching, crotchet etc.



Tuesday, June 10th

9:00 am - 11:00 am



Craft Vendors Wanted



Craft show vendors
wanted for our

***Summer Craft Show on
July 10th.***

Vendors who want to sell
their handmade or
artists' items please sign
up at the front desk or call
505-764-6436 to reserve a
table for \$3.



ONE
ALBUQUERQUE

ENGAGE
with Wellness

SELF-CHECK HEALTH DAYS

BARELAS SENIOR CENTER
2ND FRIDAY OF THE MONTH | 9 AM - 11 AM

Regular health checks are essential for ensuring overall wellness and detecting potential health issues early, especially as you age. Stay proactive and informed by checking in on your health today!

Blood oxygen
level meter

Blood pressure
monitoring

Check your
pulse/heart rate
monitoring



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
senior affairs

Activities

Arts and Crafts



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

Coloring Group - Thursday 12:30 pm

Crotchet w/Roland - Tuesday 10:00 am - 11:00 am

Crotchet w/Rafaelita - Thursday 10:30 am - 1:00 pm

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

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

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



Cards & Games

Billiards - 8:00 am - 5:00 pm

Cards - 2:00 pm - 5:00 pm

Games - Tuesdays & Thursdays 1:00 pm - 3:00 pm

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

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

Dance/Exercise

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

Line Dance - Improver- Wednesday 10:15 am - 11:15 am

Exercise

Pilates- Monday 9:30 am - 10:30 am

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

Senior Cardio & Curls - Tuesday 9:30 am - 10:30 am

Chair Yoga - Monday 10:30 am - 11:30 am

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



Garden

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

Greenhouse Garden Gathering Monthly Meeting

Wednesday, June 18th 11:00 am - 12:00 pm

Language

ESL - Thursday 2:15 pm - 3:15 pm

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

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

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

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

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

Learning

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

Conversations on the Bible - Wednesday 10:00 am

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

June 6th

June 13th

June 20th

June 27th

Milagro

La Raza

De Luz

Paul Pino & The Tone Daddies



Trips

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

Lunch Out on the Town: Cracker Barrel Westside

Tuesday, June 10th

Check In: 10:30 am Return 2:00 pm

Lunch at your own expense



Santa Fe National Cemetery on the Rail Runner

Wednesday, June 11th

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

Wildlife West Nature Park & Zoo

Wednesday, June 25th

Check In: 9:30 am Return 3:00 pm

\$2 Fee

Lunch at your own expense

Jemez Falls Hike

Wednesday, June 18th

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

Pack a lunch



Important Notice:

North Valley Senior Center, Los Volcanes Senior & Fitness Center, North Domingo Baca, Manzano Mesa, and Santa Barbara Martineztown Multigenerational Centers will all be closed through the week of **June 2nd - June 8th.**

Please come visit us at Barelvas & remember to make your lunch reservations.

Get Ready to Vote!

Do you need to register to vote, request an absentee ballot, or would you like information on becoming a Poll Official?

Bernalillo County's Clerk Office will be here to help you with all these needs.



Thursday, June 26th

9:00 am - 12:00 pm



Do you like music?
Do you like to sing?
Do you like to have fun?

Let's karaoke together

Thursdays

10:00 - 11:00 am

Summer is Calling

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

Sign up at the front desk.

Wednesday, June 18th

9:45 am

***Tips appreciated**



June Birthday Celebration

Come enjoy a sweet treat and celebrate our June birthdays!

Tuesday, June 17th

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.

Starts Tuesday, June 10th

2:15 pm

Holistic Tai Chi

Come experience balance and meditation through motion.

Starts June 20th

9:00 am



Do you have questions or comments about our programming?

Join us for office hours with our administration!

Thursday, June 12th

9:30- 10:30 am



Teeniors

Do you need one on one help with your phone or computer? Teeniors will be here to help with all your tech needs. Sign up at the front desk or call

505-764-6436.

Tuesday, June 10th

10:00 am - 12:00 pm



Reverse Mortgage

Do you have questions or are you interested in Reverse Mortgage? Come get your questions answered with the Senior Citizens Law Office. Sign up at the front desk or call 505-764-6436.

Thursday, June 26th

9:30 am



Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Masquerade Ball at Highland Senior Center on June 26th, a day of joy, inclusion, and connection.

Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults! Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey – we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and I am grateful!

Sincerely,
Anna M. Sanchez, Director



Last Breath

Wednesday, June 11th

1:15 pm

Rated PG-13

Drama/Thriller

Movies Days



Nonnas

Wednesday, June 25th

1:15 pm

Rated PG

Comedy



GEHM Clinic

Wednesday, June 18th

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, June 16th at noon.

Los Volcanes-6500 Los Volcanes NW , 87121

Art for Barelás Park

Come bring your creativity and input for a sculpture for Barelás park. All skill levels are needed for this project. Come join us along with Working Classroom and Parks & Recreation to create an Alebrije Sculpture.



Friday, June 13th 2pm-5pm
(Creating Design)

Friday, June 27th 2pm -5pm
(Making Clay Tiles)



Free Ride!

Santa Fe
National Cemetery



We will be
CLOSED

Thursday, June 19th
in honor of

**JUNE
TEENTH**



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



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
2	3	4	5	6
BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz 	Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz 	Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz 	Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz 
9	10	11	12	13
Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz 	Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz 	Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz 	Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz 
16	17	18	CLOSED 19	20
Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz 		Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 
23	24	25	26	27
Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Salad 4oz <small>*May Contain Nuts</small> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz 	Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 

SUMMER WORD SEARCH

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



AUGUST	ICE POP	SHORTS
BARBECUE	JULY	SPRINKLER
BEACH	JUNE	SUMMER
FAMILY	OCEAN	SUNGLASSES
FLIPFLOPS	PICNIC	SUNSCREEN
FUN	POOL	SUNSHINE
HOT	RELAX	SWIMMING
ICE CREAM	SEASIDE	VACATION



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 3×3 box must contain the numbers 1-9 exactly once each. That's it!

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