

# Barelas Senior Center



**Director**  
**Anna M. Sanchez**



714 Seventh St. SW  
Albuquerque, NM 87102  
505-764-6436  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

**CENTER STAFF**

**America Bencomo**  
Center Manager

**Janelle Apodaca**  
Program Coordinator

**Catherine Romero**  
Office Assistant

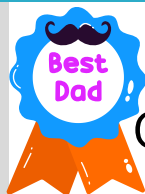
**Vacant**  
Program Assistant

**Laura Molina**  
General Service Worker

**Jose Olivas**  
Cook

**Cynthia Garcia**  
Kitchen Aide

## Father's Day Celebration



Come join us as we celebrate Dads!

Music ★ Food ★ Fun

*Music by Joe Gonzales*

*Friday, June 12th*  
*10:00 am - 11:15 am*



## Craft Vendors Wanted

Craft Show vendors  
wanted for our  
**Summer Craft Show**  
**on July 9th.**

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

## Sunkissed SUMMER Dance

**WEDNESDAY, JUNE 17TH**  
**1:30 PM - 3:30 PM**

**LIVE MUSIC • DANCE • SNACKS**

*Music by La Raza*

**BARELAS SENIOR CENTER**  
**714 7<sup>th</sup> St. SW, 87102**



## Activities

### Arts and Crafts



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



### Garden

Main Garden open daily.

Greenhouse Garden hours will vary by volunteers.

### Language

- ESL - Tuesday 2:00 - 3:00 pm Starts 1/13
- BREAK** 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**

- June 5th
- June 12th
- June 19th
- June 26th

- Peter Vigil & The All-Star Band**
- Los Hermanos**
- CLOSED - No Dance**
- Antonio Y Los Unicos**



## 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:

#### Jason's Deli

Tuesday, June 9th

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

Lunch at your own expense



### Santa Fe National Cemetery

Wednesday, June 10th

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

### Van Tour of Kirtland Air Force Base & Early Lunch

Tuesday, June 30th

Check In: 8:15 am Return 12:30 pm

Lunch at your own expense



Must have valid NM I.D. and other information to sign up for trip. Talk to office staff for more information.

### IMPORTANT NOTICE

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

Los Volcanes Senior & Fitness Center, North Domingo Baca Multigenerational Center, Manzano Mesa Multigenerational Center, and Santa Barbara Martineztown Multigenerational Center will all be closed through the week of

**JUNE 1 - JUNE 5.**

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

### 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.).



**Tuesday, June 30th  
10:00 am - 11:00 am**



### Summer Break



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

**Italian** will be on break the month of *June.*

**Spanish classes** will be on break *June 15<sup>th</sup> - June 19th.*

Other classes may have breaks that are not listed.

Please check with your instructor.

### 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, June 25th  
8:30 am - 9:30 am**



North Domingo Baca Multigenerational Center  
7521 Carmel Ave NE, 87113

### Garden Meeting

The Community Greenhouse & Compost Garden will have an open meeting that everyone is welcome to attend.



**Wednesday, June 17th  
11:00 AM - 12:00 PM**



### June Birthday Celebration

Come enjoy a sweet treat and celebrate our June birthdays!

**Tuesday, June 16th  
1:00 pm**



### 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, June 17th  
12:30 pm - 4:30 pm**



### 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**



We will be  
CLOSED  
Friday, June 19th  
in honor of  
Juneteenth.



# JUNE TEENTH

## Summer Skin Ready!

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.



**Wednesday, June 17th**  
**9:40 am - 11:30 am**

## Hot Hair Looks for Summer!

It's a new season so you should get a fresh new look! Aveda Institute students are offering new stylish haircuts for only \$5. Sign up at the front desk.



**Wednesday, June 17th**  
**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, June 11th**  
**10:30 am - 12:30 pm**



## Remarkably Bright Creatures

Wednesday, June 10th  
1:15 pm  
Rated PG-13  
Drama/Comedy

## Movie Days



## Send Help

Wednesday, June 24th  
1:15 pm  
Rated R

Thriller/Dark Comedy/Horror



## GEHM Clinic

**Wednesday, June 17th**  
**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, June 15th at noon  
Los Volcanes Senior Center - 6500 Los Volcanes NW, 87121



2026

## Free Ride to the Santa Fe National Cemetery

Please sign up at the front desk  
All riders must be registered at their local Senior Center



Trips available Wednesdays  
on the following dates:

April 8, 2026 **Deadline - March 31, 2026**  
May 13, 2026 **Deadline - May 5, 2026**  
June 10, 2026 **Deadline - June 2, 2026**

Participation is limited to the first 7 that sign up  
All transportation and lunch is provided



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

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

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
<b>1</b> BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Applesauce 4oz 1% Milk 8oz	<b>2</b> Greek Pasta Salad 4oz Cucumber/Red Onion Salad w/ Ranch 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz	<b>3</b> Pork Tamale 3oz Red Chile 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 1ea 1% Milk 8oz	<b>4</b> Mushroom Swiss Veggie Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz	<b>5</b> Beef Steak /Onions 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Banana 4oz 1% Milk 8oz
<b>8</b> Bake Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	<b>9</b> Egg Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Yogurt 4oz 1% Milk 8oz	<b>10</b> Salisbury Steak 3oz Mushroom & Onion Gravy 1oz Green Beans 4oz Mashed Potatoes 4oz Brownie 1ea 1% Milk 8oz	<b>11</b> Whole Wheat Rotini Pasta 4oz Spinach w/ Onions 4oz Breadstick 1ea Strawberries 3oz 1% Milk 8oz	<b>12</b> Teriyaki Pork 3oz Peppers 1oz Brown Rice 4oz Normandy Blend 4oz Watermelon 4oz 1% Milk 8oz
<b>15</b> Meatloaf 3oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	<b>16</b> Baked Chicken Thigh 3oz Diced Beets 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	<b>17</b> Pork Roast 3oz Gravy 1oz Spinach/Mushrooms 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	<b>18</b> Elbow Mac & Cheese w/ Broccoli 4oz Steamed Carrots 4oz Purple Cabbage w/ Apples 4oz Honeydew 1ea 1% Milk 8oz	<b>CLOSED 19</b> 
<b>22</b> Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 1ea 1% Milk 8oz	<b>23</b> Chicken Salad 4oz Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 1ea 1% Milk 8oz	<b>24</b> Baked Pollok 3oz Black Beans 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	<b>25</b> Baked Ziti 5oz Corn, Peppers & Lima Beans 4oz Breadstick 1ea Orange 4oz 1% Milk 8oz	<b>26</b> Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz
<b>29</b> Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	<b>30</b> Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	<b>1</b> BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	<b>2</b> Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	<b>CLOSED 3</b> 

Hello, Summer!

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs



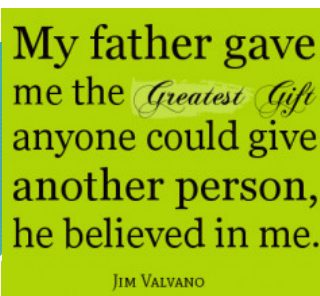
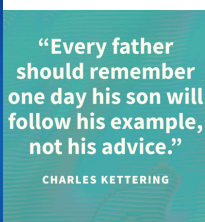
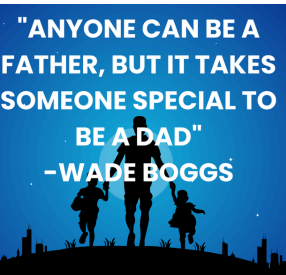
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## SUMMER TIME



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Word list:

- BEACH
- BIKINI
- CAMP
- FISHING
- HAMMOCK
- HEAT
- ICECREAM
- LEMONADE
- LIFEGUARD
- PARK
- PICNIC
- POOL
- POPSICLE
- RELAX
- SAND
- SANDALS
- SANDCASTLE
- SEASHHELLS
- SHADE
- SUN
- SUNSET
- SUNDRESS
- SUNGLASSES
- SUNSCREEN
- SUNSHINE
- SWIMSUIT
- VACATION
- WATERMELON

