

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

HAPPY ST. PATRICK'S DAY

Is it your lucky day? Wear green and be entered to win a prize!

We will also be celebrating with Shamrock floats.

Come join us!

Tuesday, March 17th

10:30 am



GROW YOUR OWN VEGGIES, FLOWERS, & PLANTS

Adopt a Garden Bed from the Barelas Senior Center Community Greenhouse & Compost Garden!

Sign up at front desk or join us at our *Welcome & Gratitude Celebration* for ACE students & returning and new gardeners.

Wednesday, March 11th

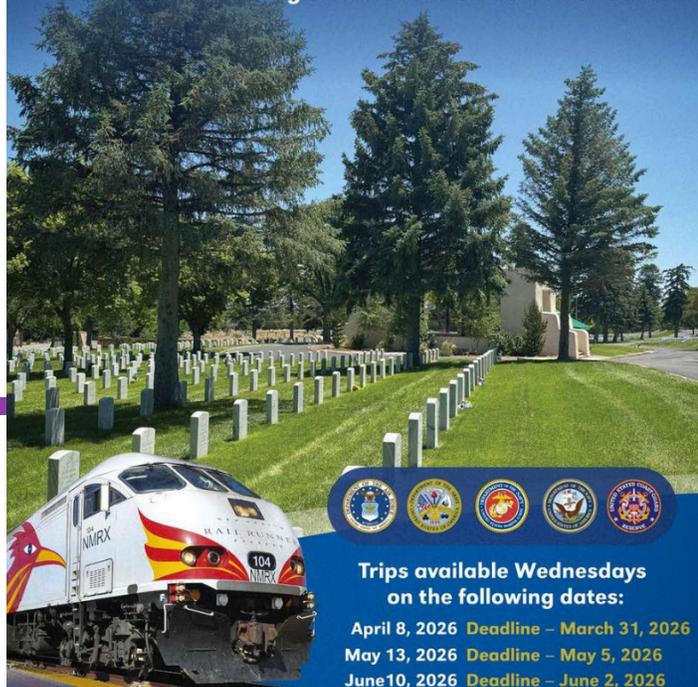
10:30 am



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

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



St. Patrick's Day Luncheon

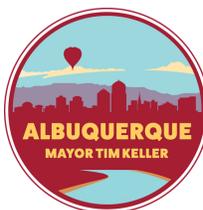
Corned Beef, Cabbage, Rosemary Potatoes, Corn Bread, Green Jell-o, and Milk. Make your reservations on Monday before 1:00 pm

Tuesday, March 17th

11:30 am - 1:00 pm



ONE ALBUQUERQUE
senior affairs



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

Activities

Arts and Crafts



- Art Meditation - Monday 10:30 - 11:30 am
- Coloring Group - Thursday 12:30 pm **Starts March 12th**
- Colcha Embroidery -Fourth Friday of the Month 1:00 - 3:00 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
- 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

March 6th

Milagro

March 13th

Desert Springs

March 20th

Chili Beans Express

March 27th

Peter Vigil & The All-Star Band



Trips

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

Lunch out on the Town: Hong Kong Buffet

Tuesday, March 10th

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

Lunch at your own expense

Santuario de Chimayo

Thursday, March 26th

Check In: 8:30 am Return: 3:30 pm

Lunch at your own expense



Zoo Walk

Tuesday, March 10th

Check In: 8:40 am Return 11:00 am



Petroglyph National Monument & Lunch

Wednesday, March 18th

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

Lunch at your own expense

Santa Fe National Cemetery

Wednesday, April 8th

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



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, April 23
8:30 am - 9:30 am



SAVE THE DATE

Pi Day!

We are rounding down so we can celebrate Pi Day! There's 3.14... reasons to enjoy some pie! Come join us!

Friday, March 13th

10:30 am



Landlord-Tenant Law Presentation

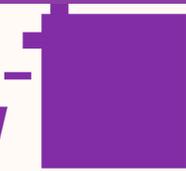
Please join the Senior Citizens' Law Office for a Power of Attorney Presentation & Workshop.

Both health care and financial powers of attorney and cremation authorizations will be discussed, and attorneys will assist seniors in completing the forms. Please bring the names, phone numbers, and addresses of the people you would like to appoint as your agents for the powers of attorney. Please bring a photo ID with you to the workshop.

Wednesday, March 18th

9:30 am - 10:30 am

TAKE OUR SURVEY



We want to hear from you!

The Department of Senior Affairs has created an annual survey to learn how we can serve you better.

You can pick up and return your completed survey at the front desk.

Participants will be entered to win one of six \$50 gift cards!

Surveys will be accepted from February 23 through March 7, 2026.

THANK YOU!

STARTING
FEBRUARY 23
ENTER
TO WIN A
\$50 GIFT
CARD!



Free Tech Help: March!

Albuquerque

Tuesday, Mar. 3 @ 3:00-5:00p
Santa Barbara Martinez town Center

Thursday, Mar. 19 @ 2:00-4:00p
Los Volcanes Senior Center

Wednesday, Mar. 4 @ 3:00-5:00p
Palo Duro Senior Center

Friday, Mar. 20 @ 3:30-5:30p
Cherry Hills Library

Friday, Mar. 6 @ 3:00-5:00p
Bear Canyon Senior Center

Tuesday, Mar. 24 @ 1:00-3:00p
Manzano Mesa Multi Gen Center

Thursday, Mar. 12 @ 3:00-5:00p
Barelas Senior Center

Wednesday, Mar. 25 @ 3:00-5:00p
Highland Senior Center

Tuesday, Mar. 17 @ 3:00-5:00p
North Domingo Baca Multi Gen Center

Friday, Mar. 27 @ 1:00-3:00p
North Valley Senior Center

RSVP with your center above, or contact Teeniors: (505) 600-1297 | teeniors@gmail.com. All are welcome - there are no stupid questions! Open and free to all!



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 all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page.



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.

Thursday, March 12th
3:00 pm - 5:00 pm

Coloring Group is back!

Come color with us and enjoy great company!



Starts Thursday, March 12th
12:30 pm

It's Your Lucky Day!

Lucky you can get a fresh new look!

Aveda Institute students are offering new stylish haircuts for only \$5.

Sign up at the front desk.

Monday, March 16th

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, March 12th

10:30 am - 12:30 pm



March Birthday Celebration

Come enjoy a sweet treat and celebrate our March birthdays!

Tuesday, March 17th

1:00 pm



Please come visit the Veterans Garden to see all the beautiful blooming daffodils and pansies.



March is National Nutrition Month



National Nutrition Month, observed annually in March by the Academy of Nutrition and Dietetics, serves as a reminder to promote awareness of the importance of making healthy food choices and to establish healthy eating and physical activity habits to support your overall well-being. Let us encourage you to take the time to learn about accessing nutritious foods, integrating healthy habits into your daily routine, and enhancing your confidence in making nutritious choices. Join us for a fun educational session designed to support your health and wellness goals.

Tuesday, March 24th
9:00 am - 11:00 am

Barelas Senior Center
714 7th St. SW, 87102



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, March 18th
12:30 pm - 4:30 pm



Song Sung Blue

Wednesday, March 11th

1:15 pm

Rated PG-13

DocuDrama/Musical

Oscar Movie Days



Frankenstein

Wednesday, March 25th

1:15 pm

Rated R

Drama

GEHM Clinic

No Clinic in March. Next clinic will be Wednesday, April 15th

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, March 16th at noon

Palo Duro Senior Center - 5221 Palo Duro NE, 87110





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					
Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz					
 9	 10	 11	 12	 13					
Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz					
 16	 17	 18	 19	 20					
Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Corned Beef & Cabbage 3oz Rosemary Potatoes 4oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz					
 23	 24	 25	 26	 27					
Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	Mac & Cheese w/ Broccoli 3oz 1oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz					
 30	 31	 1	 2	 3					
Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz					

Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on **Thursday, March 26 from 8:30-9:30 am.**

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Congratulations to Our First "Love Story" Winner

Our Journey of Life Begins

Spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell New Mexico. My roommate asked if I could be part of a Double Date. Didn't excite me in the slightest. He would provide the car and tickets to the Drive Inn theatre. No thanks was my quick response. His response was how about I include the soda pop and POPCORN. Bingo we had a deal.

A few days later we drove to pick up our date's. When she opened the screen door our eyes met and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date her Father showed me his pistol and explained that if I had any funny idea's about his daughter he had a pistol.

Our second date was a walk through Downtown Roswell. As we were walking past Zales Jewelry Store. I said let's look in the window. She replied "What For", my reply was " You're going to Marry Me. You might as well pick out the ring". That was early July and we were married 13 November 1965.

Our travels have taken us from California to Turkey and points in between. We've been blessed with two Children Tom and Jennifer, 5 grandchildren 3 granddaughters 2 grandsons and 4 Great Grandsons. On 13 November 2025 we celebrated 60 years together.

Life is an amazing Journey packed full of ups and downs, mostly UPS. Enjoy the ride.



Jim & Joyce

