

# Barelas Senior Center



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

## Mother's Day Tea

Come join us for a Mother's Day celebration. Put on your finest hat and come have a cup of tea & refreshments with us!

**Friday, May 10th**  
**10:00 am - 11:15 am**



ONE ALBUQUERQUE BERN  
ROQUE CO. Bernalillo County  
City of Albuquerque Dept. of Senior Affairs & Dept. of Arts and Culture with De Oro Productions Presents:

## Tarde de Oro

FREE EVENT\*  
May 9, 2024 • 1:30 pm • Doors at 12:45 pm  
Kimo Theatre • 423 Central Ave. NW 87102



THE AUDIENCE WILL EXPERIENCE NEW MEXICO'S VERSATILE AND COLORFUL HISTORY THROUGH PICTURES, MUSIC, DANCE, SONG AND SCRIPT.



TARDE DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND EVER EVOLVING HISTORY COVERING FIVE ERAS.

ALSO ENJOY POST-SHOW INTERACTION WITH OUR TALENTED PERFORMERS.

**\*Parking Information**  
Parking is available behind the theater on Copper. Buses & Vans Must Contact Chris Meloy/Kimo, 505-228-9857 For Parking and Passenger Drop Off/Pick Up Directions

General Seating Available  
**Show Information**  
Frances Lujan  
505-856-7579  
flujan3@msn.com

## National Senior Health & Fitness Day

Come join us for fitness demonstrations, health vendors, giveaways, prizes, snacks and more!!!



North Domingo Baca  
Multigenerational Center  
7521 Carmel Ave NE, 87113

Wednesday, May 29th  
9:00 am - 12:00 pm

## New Entrance

Construction is starting!  
Beginning Monday, April 29th

all seniors and staff will be entering from the Northside entrance. The front entrance will be closed due to construction.

Please be considerate and patient as we work to improve our center.



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.



# 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
- Crotchet - Tuesday 10:00 am - 11:00 am
- Crochet with Rafaelita- Thursday 10:30 am -1:00 pm
- Art Meditation - Monday 10:30 am - 11:30 am

## Dance/Exercise

- Line Dance- Beginner - Wednesday 9:00 am - 10:00 am
- Line Dance - Improver- Wednesday 10:15 am - 11:15 am



## 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

## Exercise

- Pilates- Monday 9:30 am - 10:30 am
- Pickleball - Monday 1:30 pm - 3:30 pm
- Senior Aerobics - Tuesday 10:00 am - 11:00 am
- Yoga - Thursday 9:00 am - 10:00 am

## Garden

- Greenhouse Garden Gathering Monthly Meeting
- Wednesday, May 15th 11:00 am - 12:00 pm

## Language

- Italian - Thursday 1:30 pm - 2:20 pm
- Spanish: Beginner - Tuesday 1:00 pm - 2:00pm
- Spanish: Beginner II - Wednesday 2:15 pm - 3:15 pm
- Spanish: Intermediate - Wednesday 1:00 pm - 2:00 pm



## Dance to Live Music

**\$3/person**

**Fridays**

**1:30 pm - 4:00 pm**

**May 3rd**

**Paul Pino & The Tone Daddies**

**May 10th**

**Chili Beans Express**

**May 17th**

**Milagro**

**May 24th**

**Amistad**

**May 31st**

**La Raza**



## Trips

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

### Tarde de Oro

Thursday, May 9th

Check In: 12:00 pm Return 3:30 pm

Lunch Reservations

### National Senior Health & Fitness Day

Wednesday, May 29th

Check In: 8:30 am Return 12:00 pm

Lunch Reservations

### NM Military Museum

Monday, May 20th

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

Lunch at your own expense



**We will be CLOSED**

**Monday, May 27th**

**in honor of Memorial Day.**



### IMPORTANT NOTICE:

All senior/multigenerational centers will be **closed starting June 3, 2024 through June 7, 2024** for Employee Training.

We will resume normal business hours on **June 8, 2024.**

**Thank you for your cooperation!**



### Manzano Day School

Come enjoy a wonderful performance by Manzano Day School students.

**Friday, May 17th**

**11:30 am**



### NOTICE

NO PETS ALLOWED



SERVICE ANIMALS SPECIFICALLY TRAINED TO AID A PERSON WITH A DISABILITY ARE WELCOME

### No Pets Allowed

Reminder that ONLY service animals are allowed in the center. Service animals must be under the control of the handler. Please do not feed working animals.

### Teeniors

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

**Wednesday, May 15th**  
**3:00 pm - 5:00 pm**



### Come visit the garden.

The community garden will be open every Monday, Wednesday, and Thursday from 10:00 AM - 12:00 for folks to enjoy the gazebo and garden space.



### Celebrate Older Americans Month

We are celebrating Older Americans month. Come join us for some music and have a sundae with us!



Thursday, May 30th  
10:00 am - 11:00 am

### Warm up to a new look!

Aveda Institute students are offering fresh haircuts for only \$5. Sign up at the front desk.

### Barelas

Wednesday, May 29th  
9:15 am

*\*Tips appreciated*



### Senior Citizen's Law Office

Provides general legal information. Divorces, wills and criminal issues are not included. Schedule an appointment at the front desk or call 505-764-6436.

**Thursday, May 9th**

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

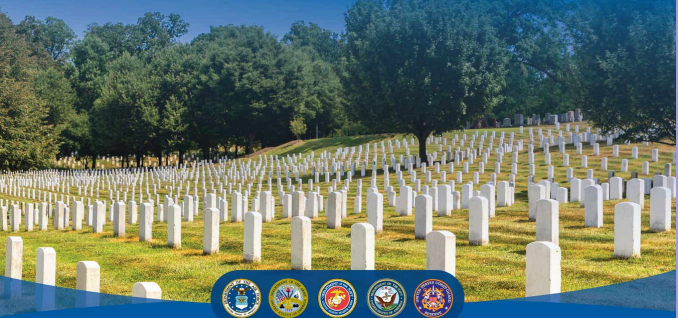


# Need a Ride to Visit Your Loved One?

## 2024 Santa Fe National Cemetery Visitation Opportunity

Three Trips Available On The Following Dates

Wednesday April 10, 2024 **Deadline – April 1, 2024**  
Wednesday May 15, 2024 **Deadline – May 6, 2024**  
Wednesday June 12, 2024 **Deadline – June 3, 2024**



Please sign up at the front desk

Participation is **limited to the first 5 that sign up.** Seniors must be registered members of their senior center



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.

Your ride begins in Albuquerque and takes you there and back.



## May Birthday Celebration

Come enjoy a piece of cake and celebrate our May birthdays!

**Tuesday, May 21st**

**1:00 pm**

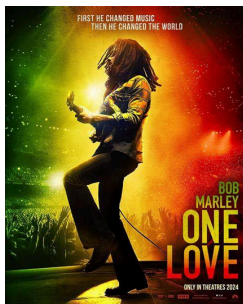


## Bob Marley: One Love

Wednesday, May 8th

1:15 pm

Rated PG-13



## Movies Days



## Música

Wednesday, May 22nd

1:15 pm

Rated PG-13



## Tech Thursday

Come learn about tablet tips and tricks in a supportive environment.

**Thursday, May 30th**

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

Call 505-764-6436 to register.



televēda



## El Camino Real Garden Blessing

Please join us for our annual garden blessing. Garden club members and Sra. Tonita Gonzales y Las Curanderas to celebrate the age-old tradition of the blessing of our gardeners.

Music & light refreshments.

**Wednesday, May 15th**

**9:30 am - 11:30 am**



## Medicaid for Long-Term Care

Reduce or eliminate your healthcare costs with Long-Term Care Medicaid. Learn how you can qualify for Institutional Care or the Medicaid Waiver to pay for your care at a nursing home, assisted living facility, or at your own home.

**Tuesday, May 14th**

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

Call 505-764-6436 to register



## GEHM Clinic

**Wednesday, May 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, May 20th at noon

Administrative Offices: 1 Civic Plaza NW 6th Floor, Suite 6007

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 <ul style="list-style-type: none"> <li>◆ Chicken tender w/ BBQ sauce</li> <li>◆ Green beans</li> <li>◆ Sweet potatoes</li> <li>◆ Diced peaches</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Salmon w/garlic butter</li> <li>◆ Fajita blend vegetables</li> <li>◆ Brown rice</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Beef stir fry</li> <li>◆ Steamed carrots</li> <li>◆ Orzo</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Southwest omelet w/ red chile</li> <li>◆ Diced potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Turkey pot pie</li> <li>◆ Diced beets</li> <li>◆ Baked cinnamon apples</li> <li>◆ 1% milk</li> </ul> 
6 <ul style="list-style-type: none"> <li>◆ Beef tips w/bowtie pasta</li> <li>◆ Normandy blend vegetables</li> <li>◆ Cherry cobbler</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Red chile beef enchilada</li> <li>◆ Spanish rice</li> <li>◆ Pinto beans</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Teriyaki chicken</li> <li>◆ White rice</li> <li>◆ Green beans</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Tilapia over brown rice w/lemon sauce</li> <li>◆ Cauliflower</li> <li>◆ Green beans</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>◆ Pork chop w/brown gravy</li> <li>◆ Mashed potatoes</li> <li>◆ Roasted Brussel sprouts</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 
13 <ul style="list-style-type: none"> <li>◆ Ground beef w/diced tomato &amp; cheese</li> <li>◆ Calabacitas</li> <li>◆ Pinto beans</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Cajun tilapia</li> <li>◆ Brussel sprouts</li> <li>◆ Cornbread</li> <li>◆ Strawberries</li> <li>◆ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Sweet and sour pork w/pineapple</li> <li>◆ Brown rice</li> <li>◆ Steamed carrots</li> <li>◆ Honeydew</li> <li>◆ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Elbow cheese macaroni w/broccoli</li> <li>◆ Brussel sprouts</li> <li>◆ Whole wheat breadstick</li> <li>◆ Cottage cheese w/peaches</li> <li>◆ 1% milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Chicken breaded patty w/white gravy</li> <li>◆ Mashed potatoes</li> <li>◆ Beets</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
20 <ul style="list-style-type: none"> <li>◆ Red chile beans w/ beef, cheese, onions</li> <li>◆ Corn bread</li> <li>◆ Peach cobbler</li> <li>◆ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Baked cod w/tartar sauce</li> <li>◆ Brown rice</li> <li>◆ Steamed carrots</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Baked chicken thigh</li> <li>◆ Collard greens</li> <li>◆ Succotash</li> <li>◆ Pineapple chunks</li> <li>◆ 1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>◆ Mushroom swiss veggie burger</li> <li>◆ Steamed broccoli</li> <li>◆ Sweet potatoes</li> <li>◆ Oatmeal cookie</li> <li>◆ 1% milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>◆ BBQ pulled pork</li> <li>◆ Sweet potato</li> <li>◆ Peas and carrots</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 
27 	28 <ul style="list-style-type: none"> <li>◆ Sliced turkey w/gravy</li> <li>◆ Stuffing</li> <li>◆ Beets</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Carne adovada</li> <li>◆ Corn w/peppers</li> <li>◆ Broccoli, cauliflower, carrots</li> <li>◆ Honeydew</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Whole wheat rotini pasta w/sauce &amp; parmesan cheese</li> <li>◆ Spinach w/onions</li> <li>◆ Corn</li> <li>◆ Peanut butter cookie</li> <li>◆ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>◆ Chicken tender w/ BBQ sauce</li> <li>◆ Steamed potato</li> <li>◆ Green beans</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul> 