



Director  
Anna M. Sanchez

# Barelas Senior Center



714 Seventh St. SW  
Albuquerque, N.M 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

**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 9th**  
**10:00 am -11:15 am**



## 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.

**Thursday, May 15th**  
**9:30 am -11:00 am**



 City of Albuquerque Dept. of Senior Affairs & Dept. of Arts and Culture with De Oro Productions Presents:

## Tarde de Oro

**FREE EVENT** May 8, 2025 • 1:30 pm • Doors at 12:45 pm • Kimo Theatre  
423 Central Ave. NW 87102

experience  
New Mexico's unique,  
versatile & colorful  
history through  
pictures, music,  
dance, song & 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 AS WELL AS AN EXCITING STUDENT PRODUCED MULTI-MEDIA EXHIBITION BY THE NEW MEXICO ACADEMY FOR THE MEDIA ARTS.

Paid 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

Show Information  
Frances Lujan  
505-836-7579  
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 28th**  
**9:00 am - 12:00 pm**

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



## 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



### Dance/Exercise

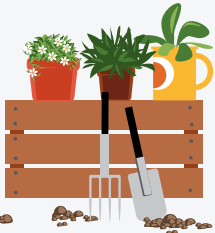
Line Dance- Beginner - Wednesday 9:00 am - 10:00 am  
 Line Dance - Improver- Wednesday 10:15 am - 11:15 am

### 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 Cardio & Curls - Tuesday 9:30 am - 10:30 am  
**NEW** 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, May 21st 11:00 am - 12:00 pm



### Learning

Conversations on the Bible - Wednesday 1:00 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

### 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**

**May 2nd**

**May 9th**

**May 16th**

**May 23rd**

**May 30th**

**Paul Pino & The Tone Daddies**

**Antonio y Los Unicos**

**Los Hermanos**

**Desert Springs**

**Chili Beans Express**



## Trips

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

### Tarde De Oro

Thursday, May 8<sup>th</sup>

Check In: 12:25 pm Return 3:30 pm

Lunch reservation

### Lunch Out on the Town:

#### Laguna Burger

Tuesday, May 13<sup>th</sup>

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

Lunch at your own expense

### Santa Fe National Cemetery on the Rail Runner

Wednesday, May 14<sup>th</sup>

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

### Neighborhood History & Art Tour

(Barelas, Old Town & Country Club Area)

Wednesday, May 21

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

Lunch at your own expense

### National Health & Fitness Day at North Domingo Baca

Wednesday, May 28<sup>th</sup>

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

Lunch Reservation



## KARAOKÉ

Do you like music? Do you like to sing?

Do you like to have fun?

Let's karaoke together

Thursday, May 1<sup>st</sup>

10:00 am - 11:00 am



## Share Your Story

Join the CABQ Historic Preservation Team to share stories of life in your neighborhood:

Festivals, protests, markets, schools, memorable events...

Thursday, May 1<sup>st</sup>

9:00 am - 10:30 am



## Come Paint With Us!

Did you know that we have two great art classes that can teach you how to paint beautiful pictures taught by fine artists?

Come learn with us! Get information at the front desk.

Beginning Acrylic Painting

Tuesday 9:00 am - 12:00 pm

Painting from the Heart

Wednesday 9:00 am - 11:30 am



## May Birthday Celebration

Come enjoy a sweet treat and celebrate our May birthdays!

Tuesday, May 20<sup>th</sup>

1:00 pm



## Chair Yoga

Take a break and join us for a gentle chair yoga class focusing on flexibility, range of motion, strength, balance, and tension release.



Monday's

10:30 am



## Medicaid for Long Term Care

Join the Senior Citizens' Law Office for a presentation on Medicaid for Long-Term Care. We will discuss Medicaid coverage for nursing homes, home & community-based services. Please sign up in advance at the front desk or call 505-764-6436.



Thursday, May 29<sup>th</sup>

9:30 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, May 13<sup>th</sup>

3:00 pm - 5:00 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 AAARP Members \$25 for non-AARP Members (Checks or Money Orders ONLY Accepted. NO CASH) Sign up at the front desk or call 505-764-6436.



Wednesday, May 21<sup>st</sup>

12:30 pm - 4:40 pm



## 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 2<sup>nd</sup> - June 8<sup>th</sup>.**

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

**We will be  
CLOSED**

**Monday, May 26th  
in honor of  
Memorial Day.**



### Free Ride!

*Santa Fe  
National Cemetery*



**Sign Up at  
Front Desk**

April 9, 2025 | May 14, 2025 | June 11, 2025

### Flea Market

Come shop our wonderful  
Flea Market.

**Every Thursday**

**8:00 am - 11:00 am**

If you would like to sell at  
the Flea Market the lottery  
for tables is on the  
**last Thursday of the  
month at 10:30 am.**



*May is*  
**OLDER  
AMERICANS  
MONTH**

Celebrate with Palo Duro Senior Center  
Wednesday, May 14  
9:00 am - 12:00 noon  
Car Show, Craft & Flea Market,  
Vendors, Door Prizes,  
Root Beer Floats (while they last),  
Good Will Mobil Unit - Cell Phone Help

Root Beer Floats sponsored by:  
**THE MONTEBELLO  
ON ACADEMY**  
A FIVE STAR SENIOR LIVING COMMUNITY

**OLDER  
AMERICANS  
MONTH**  
FLIP THE SCRIPT ON AGING: MAY 2025

### Spring into a new look!

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

Sign up at the front desk.

**Wednesday, May 14th**

**9:45 am**

**\*Tips appreciated**



### Senior Citizen's Law Office

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 8th**

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



### A Complete Unknown

Wednesday, May 14th

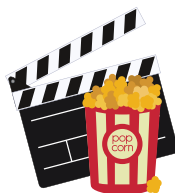
1:15 pm

Rated R

Docu-Drama



### Movies Days



### Knives Out

Wednesday, May 28th

1:15 pm

Rated PG-13

Mystery/Comedy/Drama



### GEHM Clinic

**Wednesday, May 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.

### Advisory Council Meeting

Monday, May 19th at noon.

CASA Kitchen-2540 Karsten CT SE , 87102



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
<ul style="list-style-type: none"> <li>♦ Salisbury Steak 3oz</li> <li>Gravy 1oz</li> <li>♦ Rosemary Potatoes 4oz</li> <li>♦ Malibu Blend 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Pears 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Garlic Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Lasagna 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Diced Pork 3oz</li> <li>Gravy 2oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 
5	6	7	8	9
<ul style="list-style-type: none"> <li>♦ Beef Tips 3oz</li> <li>Rotini Pasta 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Seasonal Fruit 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Enchilada 2ea</li> <li>Red Chile 1oz</li> <li>♦ Spanish Rice 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Rotisserie Chicken 4oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Black-Eyed Peas 4oz</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Omelet 1ea</li> <li>Red Chile/Peppers 4oz</li> <li>♦ Diced Potatoes 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Peaches 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour 1oz</li> <li>Pork 4oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Stir Fry 4oz</li> <li>♦ Mandarin Orange 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
12	13	14	15	16
<ul style="list-style-type: none"> <li>♦ Salisbury Steak 4oz</li> <li>Green Chile Gravy 1oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Cupped Pears 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cajun Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>Red Chile 1oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Spanish Rice 4oz</li> <li>♦ Applesauce 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Pasta Primavera 4oz</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Asian Chicken 3oz</li> <li>Peppers 2oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Fortune Cookie 2ea</li> <li>♦ 1% Milk 8oz</li> </ul> 
19	20	21	22	23
<ul style="list-style-type: none"> <li>♦ Beef Chile Beans 4oz</li> <li>♦ Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Brownie 2x2</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Baked Cod 3oz</li> <li>Tarter Sauce 1pc</li> <li>♦ Quinoa 4oz</li> <li>♦ Steamed Carrots 4oz</li> <li>♦ Pear 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Baked Chicken 3oz</li> <li>♦ Spinach 4oz</li> <li>♦ Corn/ Edamame 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Veggie Swiss Burger 1ea</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Spinach &amp; Mushrooms 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Mixed Berries 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
CLOSED 26	27	28	29	30
	<ul style="list-style-type: none"> <li>♦ Chicken Tamales 2ea</li> <li>Green Chile 2oz</li> <li>♦ Steamed Mushrooms w/Onions 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Mixed Berries 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>Red Chile 1oz</li> <li>♦ Corn w/Peppers 4oz</li> <li>♦ Broccoli/Cauliflower Carrots 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ Tortilla 1pc</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Rotini Pasta 4oz</li> <li>Marinara Sauce 1oz</li> <li>♦ Spinach w/Onions 4oz</li> <li>♦ Corn 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips 3oz</li> <li>Gravy 1oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Applesauce 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 



# Birds of a Feather

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

Word list:

BLUEBIRD	FINCH	NIGHTHAWK	SPARROW
CHICKADEE	GOLDFINCH	ORIOLE	SWALLOW
COWBIRD	GOOSE	OWL	SWAN
CROW	HAWK	PARTRIDGE	THRASHER
DOVE	HERON	PELICAN	WARBLER
DUCK	KESTREL	RAVEN	WOODPECKER
EAGLE	LOON	ROBIN	WREN
EGRET	MEADOWLARK	SANDPIPER	



**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 3x3 box must contain the numbers 1-9 exactly once each. That's it!**

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