

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

Mother's Day Tea



Join us for a special affair filled with delightful conversations, exquisite teas, and a delectable assortment of sweet and savory treats.



Friday, May 8th
10:00 am - 11:15 am



National Senior Health & Fitness Day

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

Sponsored by



North Domingo Baca
Multigenerational Center
7521 Carmel Ave NE, 87113
Wednesday, May 27th
9:00 am - 12:00 pm

Garden Blessing

Join us for our 14th Annual Garden Blessing. The RAICES UNM group, who practice traditional Curanderismo, will bless both the Barelas Main Garden and the Community Greenhouse and Compost Garden. Come enjoy this unique and age-old tradition

Friday, May 15th
10:00 am - 11:30 am



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



NEW!

- 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
- 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

May 1st

Milagro

May 8th

Antonio y Los Unicos

May 15th

De Luz

May 22nd

RockNRamon

May 29th

Paul Pino & The Tone Daddies



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:

Rudy's BBQ

Tuesday, May 5th

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

Lunch at your own expense



Tarde de Oro at the Kimo Theatre

Thursday, May 7th

Check In: 12:15 pm Return: 3:00 pm

National Health & Fitness Day at

North Domingo Baca

Wednesday, May 27th

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

Santa Fe National Cemetery

Wednesday, June 10th

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

Jemez Waterfall & Gilman Tunnel

Wednesday, May 20th

Check In: 8:15 am Return: 5:00 pm

Composting Basics Class

Are you interested in composting? Join this free class that will cover the basics of composting at home and introduce how it applies to community composting. This class is possible thanks to our collaboration with the Bernalillo County Extension Master Composters and the City's Sustainability Office.

If you are interested in our community compost system, located in our community garden, this class will give you an overview and is one of the two steps to learn how to add your own material to the composting system. Community Compost and Community Garden Volunteers can use the finished compost! Learn more about composting and our community compost co-op: www.cabq.gov/compost. This and other free compost classes by the Master Composters:

<https://www.nmcomposters.org/classes>.

Wednesday, May 6th

9:00 am - 11:30 am



ONE ALBUQUE ROQUE



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



MAY 7

1:30 pm • Doors Open 12:45 pm • Kimo Theatre

SHELLEY MORNINGSONG & FABIAN FONTENELLE • LOS BAILADORES DE ORO • LOS TAPATIOS • TRIO JALISCENSE
EVA TORREZ WITH PICOSO • MC. JOSEPH ANTHONY WASSON

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 FLUJAN@MSN.COM

Medicaid for Long-term Services

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.

Tuesday, May 12th

10:00 am - 11:00 am



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, May 20th

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



May Birthday Celebration

Come enjoy a sweet treat and celebrate our May birthdays!

Tuesday, May 19th

1:00 pm



We will be
CLOSED
Monday, May 25th
in honor of
Memorial Day.



Put On a Fresh New Face!

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, May 20th
9:40 am - 11:30 am

Spring Into a New Look!

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, May 20th
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, May 14th
10:30 am - 12:30 pm



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



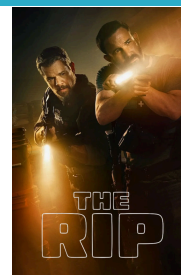
For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website

www.cabq.gov/seniors



Rental Family
Wednesday, May 13th
1:15 pm
Rated PG-13
Drama/Comedy

Movie Days



The Rip
Wednesday, May 27th
1:15 pm
Rated R
Thriller/Action



GEHM Clinic
Wednesday, May 20th
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, May 18th at noon
North Valley Senior Center - 3825 4th Street NW, 87107





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 |
|---|--|---|---|---|
| 27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz | 28 Beef Tips w/ Noodles 3oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz | 29 Pork Loin 3oz Black Eyed Peas 4oz Sweety Potatoes 4oz Honey Dew 1ea 1% Milk 8oz | 30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz | 1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz |
| 4 Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz | 5 Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz | 6 Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz | 7 Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz | 8 Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz |
| 11 Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz | 12 Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz | 13 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz | 14 Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz | 15 Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz |
| 18 Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz | 19 BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz | 20 Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz | 21 Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz | 22 Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz |
| CLOSED 25 | 26 Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz | 27 Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz | 28 Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz | 29 Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz |

IMPORTANT NOTICE

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training June 1 to June 5, 2026:

- Manzano Mesa Multigenerational Center
- North Domingo Baca Multigenerational Center
- Santa Barbara Martineztown Multigenerational Center
- Los Volcanes Senior Center
- Los Volcanes Sports and Fitness Center
- Palo Duro Senior Center
- Palo Duro Sports and Fitness Center

Normal business hours will resume on **June 6, 2026** for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.

Normal Business hours will resume on **June 8, 2026** for Santa Barbara Martineztown.

During this time, meal services will be available at our other locations:

- Barelas Senior Center
- North Valley Senior Center
- Highland Senior Center
- Bear Canyon Senior Center

Thank you for your cooperation!

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, May 28th

8:30 am - 9:30 am

Palo Duro Senior Senior Center
5221 Palo Duro NE, 87110



A N T I B U L L Y I N G D A Y
 U P U Y A D E L F F U R T R O
 O A N A D M M I M O S A D A Y
 Y S A D Y A O D P R Y Y Y A M
 A S D P A Y N I N T A A D B O
 M W A M D D A D E D D Y K C T
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| NURSES DAY | MIMOSA DAY | ASTHMA DAY |
| FIRE DAY | COSMOPOLITAN DAY | HERB DAY |
| ANTI BULLYING DAY | LEMONADE DAY | RESCUE DOG DAY |
| PASSWORD DAY | LAW DAY | BABY DAY |
| BEE DAY | TUNA DAY | TRUFFLE DAY |
| WAITSTAFF DAY | CINCO DE MAYO | BEVERAGE DAY |
| MAY DAY | MOTHERS DAY | SHRIMP DAY |

Happy Mother's Day to all women...

- yearning to be moms
- who are new moms
- who have never had a mom
- who have lost children
- who are for moms
- who are bonus moms
- who are moms
- who have lost their moms
- who are mother figures



Of all the gifts that life has to offer, a loving mother is the greatest of them all.

HAPPY MOTHER'S DAY