

# Barelas Senior Center



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



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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**

## *Earth Day*

We only have one, so let's take care of it and make it beautiful!  
Come to our Community Greenhouse Garden to see the wonderful garden, talk with workers from the City Greenhouse, and volunteer gardeners. You can also receive a beautiful plant



or flower of your own!  
**Wednesday, April 22nd**  
**10:00 am**



## *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 23rd**  
**8:30 am - 9:30 am**

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

**ONE ALBUQUE RQUE** senior affairs

# SENIOR EASTER PARTY

Hotdogs & Other Refreshments

**BEAR CANYON SENIOR CENTER**  
**WEDNESDAY, APRIL 1, 2026**  
**2:00PM - 4:00PM**

Sponsors:  
Giving Home Health Care - BeehiveHomes - Friends of Bear Canyon  
Rio Metro - Oak St. Health - Presbyterian



## Activities

### Arts and Crafts



Art Meditation - Monday 10:30 - 11:30 am

Coloring Group - Thursday 12:30 pm

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**

**April 3rd**

**April 10th**

**April 17th**

**April 24th**

**NO DANCE**

**Paul Pino & The Tone Daddies**

**Desert Springs**

**La Raza**



## ***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:**

#### **The Grill & Shopping at San Mateo Square**

Tuesday, April 7th

Check In: 10:45 am Return: 2:30 pm

Lunch at your own expense



#### **BioPark Zoo Walk**

Tuesday, April 14th

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



#### **Open Space Visitor Center Gallery, Walk, & Lunch**

Thursday, April 9th

Check In: 8:50 am Return: 3:00 pm

Lunch at your own expense

#### **Santa Fe National Cemetery**

Wednesday, May 13th

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



### **Manzano Day School Sings**

Come join us for a wonderful performance by Manzano Day School.

They will be singing songs and entertaining.

Don't miss out!

**Thursday, April 16th**

**11:15 am**



### **Take a Walk at the Zoo**

In April, we celebrate National Take a Walk Day. Why not take a walk and see some wonderful animals at the same time?

Come enjoy a free morning at the BioPark Zoo and learn great information about the animals.

Sign up at the front desk

**Tuesday, April 14th**

**8:30 am - 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 to get more information.



### **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**



### **Angel Garden Dedication**

Come to the main garden for the new Angel Guardian dedication and ribbon cutting.

Built by volunteers and funded by the RSVP Grant. The Angel Garden was developed to provide seniors with limited abilities to share the art of gardening.



**Friday, April 24th**

**10:00 am**



### **Scam and Identity Theft Presentation**

Please join the Senior Citizens' Law Office for a Presentation on *Scams and Identity Theft*.

**Come learn about:**

- **Common Scams**
- **Red Flags to Watch For**
- **How to Fix Identity Theft**

**Thursday, April 16th**

**9:30 am - 10:30 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, April 15th**

**12:30 pm - 4:30 pm**



## 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.



**Monday, April 6th**  
**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.

 AVEDA INSTITUTE

**Monday, April 6th**  
**9:40 am**



## Tax Day

Taxes are no fun, but having snacks with friends sure is! Come enjoy some snacks with us for Tax Day.



**Wednesday, April 15th**  
**10:00 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, April 9th**  
**10:30 am - 12:30 pm**



## April Birthday Celebration

Come enjoy a sweet treat and celebrate our April birthdays!



**Tuesday, April 21st**  
**1:00 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

 [riometro.org](http://riometro.org)



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).



## Eleanor the Great

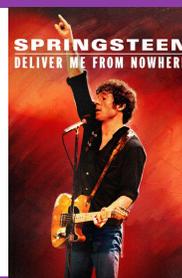
Wednesday, April 8th

1:15 pm

Rated PG-13

Drama

## Movie Days



## Springsteen: Deliver Me From Nowhere

Wednesday, April 22nd

1:15 pm

Rated PG-13

DocuDrama



## GEHM Clinic

**Tuesday, April 14<sup>th</sup> & Wednesday, April 15<sup>th</sup>**

**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, April 20th at noon

Manzano Mesa Multigenerational Center - 501 Elizabeth SE, 87123



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>30</b> Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	 <b>31</b> Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 <b>1</b> Chicken Tetrizzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	 <b>2</b> Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	 <b>3</b> Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz
 <b>6</b> Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	 <b>7</b> Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 <b>8</b> Frito Pie 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	 <b>9</b> Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	 <b>10</b> Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
 <b>13</b> Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	 <b>14</b> Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	 <b>15</b> Chicken Fajita 4oz Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	 <b>16</b> Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	 <b>17</b> Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
 <b>20</b> Carne Adovada w/ Red Chili 3oz Spinach 2oz Pinto Beans 4oz Tortilla 4oz Vanilla Pudding 2ea 1% Milk 1ea 8oz	 <b>21</b> Beef Fajita Meat w/ Gravy 4oz Mashed Yams 1oz Collard Greens 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 1ea 8oz	 <b>22</b> Mushroom Swiss Beef Patty 4oz Normandy Blend 1ea Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 1ea 8oz	 <b>23</b> Spaghetti w/ Marinara Sauce 4oz Imperial Blend 2oz Garlic Bread Stick 4oz Apple Slices 1ea 1% Milk 1ea 8oz	 <b>24</b> Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 1ea 8oz
 <b>27</b> Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	 <b>28</b> Beef Tips w/ Noodles 3oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 4oz Margarine 1ea Pear 1pc 1% Milk 4oz 8oz	 <b>29</b> Pork Loin 3oz Black Eyed Peas 4oz Sweet Potato Mash 4oz Honey Dew 4oz 1% Milk 1ea 8oz	 <b>30</b> Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 4oz 8oz	 <b>MAY 1</b> Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 4oz 8oz

Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department’s funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City’s budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00–1:30 pm, and “Coffee with Constituents” at Barelas Senior Center on Thursday, April 23, from 8:30–9:30 am. I look forward to connecting with you in person!

Here’s to a beautiful April filled with sunshine and good health!

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs



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3							7
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	8					4	1

### SPRING WORD SEARCH

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



- BLOSSOM
- BLUEBIRD
- BOOTS
- CHICKS
- DAFFODIL
- FLOWERS
- GARDEN
- GRASS
- GREEN
- KITE
- MUD
- NEST

- RAIN
- SEEDS
- TULIPS
- UMBRELLA
- WARM

