

# Barelas Senior Center



Director  
Anna M. Sanchez



714 Seventh St SW  
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505-764-6436

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

Happy Fall!!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return of our annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at [cabq.gov/seniors](http://cabq.gov/seniors) for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,  
Anna Sanchez



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 - Noon  
Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM  
Crochet with Rafaelita- Thursday 10:30 am -1:30 pm

## Dance/Exercise

Line Dance Starter- Monday 10:00 am - 11:00 am  
Line Dance- Wednesday 9:00 am - 10:00 am  
Line Dance I Intermediate- Wednesday 10:15am - 11:15 am

## Cards & Games

### Billiards

Board Games and Puzzles  
Monday-Friday 8:00 am - 5:00 pm  
Bingo - Tuesdays 2:00pm -4:15 pm

### Exercise

Pilates- Monday 8:30 am- 9:30 am  
Pickleball - Monday 1:30 pm - 3:30 pm  
Yoga - Thursday 9:00am-10:00 am  
Tai Chi for Health - Thursday 1:15pm -2:15pm

### Language

Italian - Thursday 1:30pm-2:30pm  
(Starting November 18th)

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## **Dance to Live Music**

\$3/person

Fridays

1:30 pm -4:15 pm



November 5  
November 12  
November 19

Latin Soul  
Tino's Band  
Chili Beans



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## **Department of Senior Affairs Annual Thanksgiving Day Luncheon returns!**

Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

## **GEHM Clinic**

Wednesday, November 17th

8:30 AM - 11:00 AM

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.



## **November Birthday Celebration**

Tuesday, November 16th 1:00 pm

Sponsored by Oak Street Health

## **Flu Shot and Covid Shot Clinic by Albertsons Pharmacy**

Tuesday, November 16th

9:00 AM - 11:00 AM

Shots given on a first come, first served basis

Bring your insurance card



## **Second Chance for Flu Shots!**

Monday, November 22nd

12:00 PM - 2:00 PM

by Presbyterian

Shots given on a first come, first served basis

Bring your insurance card



## **Barelas Senior Center**

will be CLOSED Thursday, November 11th to honor

Veterans Day and

November 25th - November 26th for the

Thanksgiving Holiday



## **Advisory Council Meeting**

Monday, November 15th

Noon-1:30pm

Palo Duro Senior Center

5221 Palo Duro NE 87110

## **Congratulations**

to Elisa Chiffer and Rose Chavez for winning the Programming & Activities Survey raffle! Thank you to all who took the time to fill out the survey and give back valuable feedback!





### **Crafts Show Vendors Wanted**

Barelas will be hosting a Holiday Craft Fair on Wednesday, December 1st. We would love to find vendors to sell their handmade or artisan items.

Tables are only \$3

Reserve your table today!

Sign Up at the front desk or call

505-764-6436 for more information



### **9th Annual Veterans Memorial Garden Celebration**

Join us for our traditional Veterans recognition celebration. This formal event takes place in our El Camino Real Garden and is a wonderful way to honor all of our Veterans past and present who had made our freedom a special and cherished tradition. See the beautiful 16 foot sat floral Veterans Memorial Garden of red, white, and blue maintained by volunteer seniors here at Barelas Senior Center.

November 10th

9:00 am - 11:00 am

### **Trips**

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



#### **Santa Fe National Cemetery Wednesday, November 3rd**

Check In: 9:00 AM Return: 4:00 PM



#### **Bowling: Silva Lanes Wednesday, November 17th**

Check In: 10:00 AM Return: 2:00 PM



### **Do you need help with your computer or smart phone?**

Amy Biehl Students will be here to give one on one help to seniors.

Thursday, November 18th 1:00 PM - 3:00 PM



### **LET US PICK YOU UP!**

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.

### **43rd Annual Conference on Aging Virtual Watch Party!**

The Annual Conference on Aging is virtual and the Department of Senior Affairs is hosting a watch party November 17th - November 18th so you won't miss it! Join us at Barelas Senior Center, Manzano Mesa Multigenerational Center, or North Domingo Baca Multigenerational Center from 8:30am-2:00pm to view various workshop sessions. Free refreshments and giveaways to participants while supplies last.