



Director
Anna M. Sanchez

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www.cabq.gov/seniors

November

CENTER STAFF
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Center Manager

Janelle Apodaca
Program Coordinator

Catherine Romero
Office Assistant

Vacant
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide

**13TH ANNUAL VETERANS
STAR MEMORIAL**
EVENT & RECEPTION
El Camino Real Main Garden

United Healthcare ONE ALBUQUE RQUE senior affairs

**MONDAY
NOVEMBER 10TH
9:00 AM - 11:00 AM**

Join Veterans, seniors, family & friends as we celebrate Veterans past & present.

HONORING THOSE WHO SERVED

VETERANS DAY

NOV. 11, 2025

Ceremony @ 10:30 AM

Please join us in honoring our Veterans!

- music provided by Dukes of Albuquerque Concert Band,
- Flyover courtesy of the New Mexico Chili Flight,
- create Letters for Veterans in the visitor center!

ONE ALBUQUE RQUE senior affairs

NM Veterans Memorial Park
1100 Louisiana Blvd SE
Albuquerque, NM 87108

For more information:
(505) 768-4495

New Mexico Veterans Memorial

**Ageless Artisan
Craft Fair**

Saturday 9 AM - 1 PM | **15** | November 2025

Manzano Mesa
Multigenerational Center
501 Elizabeth St SE, 87123
505-275-8731

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

United Healthcare ONE ALBUQUE RQUE senior affairs

**Thanksgiving
Day Luncheon**

**November 27, 2025
11:00 am - 1:00 pm
\$4 per ticket**

Tickets go on sale Monday, November 3 at 9:00 am. Tickets must be purchased before the event.

Barelas Senior Center
714 7th Street SW, 87102

ONE ALBUQUE RQUE senior affairs



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.

ONE
ALBUQUE RQUE
senior affairs

Activities

Arts and Crafts

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

Coloring Group - Thursday 12:30 pm

Crotchet w/Roland - Tuesday 10:00 - 11:00 am

Crotchet w/Rafaelita - Thursday 10:30- 1:00 pm

Ceramics - Mondays & Wednesday 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



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 10:30 - 11:30 am

Yoga - Thursday 9:00 - 10:00 am

Tai Chi: Holistic - Friday 9:00 - 10:00 am



Garden

Community Garden open Wednesdays, 9:00 - 12:00 pm

Greenhouse Garden Gathering Monthly Meeting

Wednesday, November 19th 11:00 am - 12:00 pm

Learning

Bible Study - Monday 9:30 - 10:30 am

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

Language

Italian - Thursday 1:30 - 2:30 pm

Spanish: Beginner 1 - Tuesday 1:00 - 2:00 pm

Spanish: Beginner 2 - Thursday 1:00 - 2:00 pm

Spanish: Intermediate - Wednesday 1:00 - 2:00 pm

Spanish: Intermediate II- Wednesday 2:00 - 3:00 pm

Advanced Spanish Conversation - Wednesday 3:00 pm - 4:00 pm

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

November 7th

Chili Beans Express

November 14th

Enchanted Four

November 21st

Paul Pino & The Tone Daddies

November 28th

No Dance(Closed)

Trips

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

ABQ Museum & Lunch

Wednesday, November 5th

Check In: 8:50 am Return 2:30 pm

Lunch at your own expense



Bosque del Apache

Wednesday, November 12th

Check In: 8:30 am Return 3:30 pm

Lunch at your own expense

Vladen Contemporary Art Museum in Santa Fe & Rail Runner

Wednesday November 19th

Check In: 8:45 am Return 6:00 pm

Lunch at your own expense



Lunch Out on the Town: Pizza Barn

Tuesday, November 18th

Check In: 10:20 am Return 2:30 pm

Lunch at your own expense

Chair Yoga



We now have chair yoga twice a week!

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

Mondays & Thursdays

10:30 am



Hair for the Holidays!

It's time to look your best for the holidays! Come try something different! Aveda Institute students are offering fresh haircuts for only \$5.

Sign up at the front desk.

Friday, November 21st

9:40 am



 AVEDA INSTITUTE

November Birthday Celebration

Come enjoy a sweet treat and celebrate our November birthdays!

Tuesday, November 18th

1:00 pm



Paint Follow Along

Come join us for a special paint event!

Follow along for a painting or bring your own art that you have been wanting to finish. Create a gift for the holidays. Get more info at the front desk.

Wednesday, November 5th & 12th

9:00 am - 3:00 pm



Grateful Pie

Come add a leaf to our grateful tree telling us what you are thankful for and receive a piece of pumpkin pie.



Thursday, November 20th

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, November 19th

12:30 pm - 4:30 pm



Estate Planning

Join the Senior Citizens' Law Office for an Estate Planning* Presentation.

Topics will include powers of attorney, advance directives, Wills, and transferring assets without probate. Note: the presenter will only be able to answer general questions, and cannot give personal legal advice. Sign up at the front desk or call 505-764-6436.

Tuesday, November 4th

10:00 am





We will be CLOSED
Thursday, November 27th &
Friday, November 28th in honor of
Thanksgiving.

Pre-Thanksgiving Lunch

Herb roasted turkey w/gravy, stuffing, green bean
casserole, dinner roll, & pumpkin pie.

Wednesday, November 26th 11:30 am - 1:00 pm

Make reservations by 1:00 pm Tuesday.

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

Wednesday, November 19th

3:00 pm - 5:00 pm

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, November 13th

10:30 am - 12:30 pm



We will be CLOSED
Tuesday, November 11th
in honor of
Veterans Day.



Craft Vendors Wanted



Barelas will be hosting a Holiday Craft Fair on
Thursday, December 4th. We are seeking
vendors with handmade or artisan items. Tables
are only \$3. Reserve your table today by signing
up at the front desk or calling 505-764-6436



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

Get out and Vote!



Election Day is
November 4th.

Make your vote count!

Jurassic World Rebirth Movies Days

Wednesday, November 12th

1:15 pm

Rated PG-13

Action/Adventure



The Peanutbutter Falcon

Wednesday, November 19th

1:15 pm

Rated PG-13

Comedy/Drama



GEHM Clinic

Tuesday, November 18th & Wednesday, November 19th

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, November 17th at noon

Barelas Senior Center-714 7th Street Sw, 87102

November

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
 3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	 4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	 5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	 6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	 7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
 10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11  VETERANS DAY HONORING ★ ALL WHO ★ SERVED	 12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
 17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	 18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	 19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	 21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
 24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	 25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	 26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	



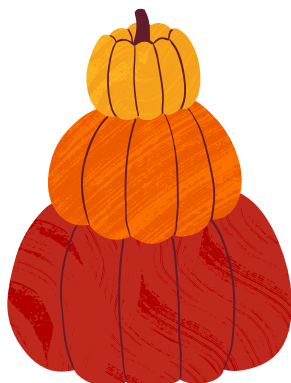
THANKSGIVING WORD SEARCH



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Blessings	Family	Harvest	Pumpkin Pie	Tradition
Corn	Feast	Indians	Stuffing	Turkey
Cornucopia	Gather	November	Sweet Potatoes	
Cranberry	Gratitude	Pilgrims	Thanksgiving	

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