



Director
Anna M. Sanchez

Barelas Senior Center



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

Michelle Manfredi
Program Assistant II

Laura Molina
Monica Rosales
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide

¡Música del Corazón!
presents

Viajes del Violin

Lucy Salazar & Tios Mios

Come enjoy dance demonstrations and wonderful music!

Friday, November 6th
10:00 am

NM JOHN DONALD
ROBB TRUST



Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH

9:00 AM - 1:00 PM

**MANZANO MESA
MULTIGENERATIONAL CENTER**

**501 ELIZABETH ST. SE
(505) 275-8731**

- Tin Art**
- Jewelry**
- Ceramics**
- Wood Work**
- Mixed-Media**
- Photography & More!**



Support Our Senior Artisans!



Accredited by
**National Institute of
Senior Centers**



cabq.gov/seniors



STAR MEMORIAL

TUESDAY

**NOVEMBER
10TH**

9 AM - 11 AM

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

**EL CAMINO RAEL MAIN GARDEN
AT**

**BARELAS SENIOR CENTER
714 7TH STREET SW, 87102**



**ONE
ALBUQUE
RQUE** senior affairs

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

Activities Arts and Crafts



Art Journeys - Monday 10:30 - 11:30 am
 Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm
 Ceramics - Monday & Wednesday 9:00 am - 12:00 pm
 Colcha Embroidery - Third Monday of the Month 1:00 - 3:30 pm
 Coloring Group - Thursday 12:30 pm - 2:00 pm
 Crochet w/Roland - Tuesday 10:00 - 11:00 am
 Offbeat Artists - 1st & 3rd Friday 1:00 pm - 3:00 pm
 Pottery - Thursday 10:00 am - 11:30 am
 Retablos - Tuesday 9:00 - 11:30 am
 Tin - Tuesday 1:00 - 4:00 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 & Thursday 10:30 - 11:30 am
 Yoga - Thursday 9:00 - 10:00 am
 Yang Tai Chi - Wednesday 9:00 - 10:00 am - **Temporarily video instruction**

Cards & Games



Billiards - 8:00 am - 5:00 pm
 Cards - 2:00 pm - 5:00 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



Garden

Main Garden open daily.

Greenhouse Garden hours will vary by volunteers.

Garden Meeting: November 18th 10:00 am

Learning

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

ESL - Tuesday 2:00 - 3:00 pm
 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

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 6th
November 13th
November 20th
November 27th

Desert Springs
Paul Pino & The Tone Daddies
Milagro
No Dance-Happy Thanksgiving



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.

Que Sera Alpacas in Santa Fe

Tuesday, November 17th

Check In: 9:20 am Return: 2:30 pm

\$5 Entry Fee

Lunch at your own expense



Museum of Indian Arts & Culture in Santa Fe by Rail Runner

Wednesday, November 18th

Check In: 8:50 am Return: 4:45 pm

Free for 60+. Bring ID

Lunch at your own expense

Manzano Day School

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

They will be singing songs and entertaining.

Don't miss out!

Thursday, November 5th

11:30 am



Craft Vendors Wanted



Barelas will be hosting a Holiday Craft

Fair on **Thursday, December 3rd**

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



THURSDAY

NOVEMBER 19TH

12:30 - 2:30

Board Game & Tech Help

Do you like to play board games or could you use some help with tech on your phone or computer?

Amy Biehl students will be here to interact by playing games or helping with any tech needs.

Get your face ready for the holidays!

Your skin wants a facial. Now is the time to get one! Aveda is offering a limited number of facials to seniors for a special price, \$20 + tip. Sign up at the front desk.

AVEDA INSTITUTE

Tuesday, November 17th

Check In: 9:45 am

Is your hair holiday ready?

It's time to get ready for the holiday season. Aveda Institute students are offering new stylish haircuts for only \$5.

Sign up at the front desk.

Tuesday, November 17th

Check In: 9:45 am



2026 PROPERTY TAXES ONLINE PAYMENT HELP

www.bernco.gov/treasurer

Talk with Treasury Staff **WHERE?**

Barelas Senior Center,
714 7th St. SW 87102

Get Online Payment Help **WHEN?**

Pay First-Half or Full Year
Property Taxes

Nov. 10, 2026 | 8:30 AM - 11:00 AM
Dec. 3, 2026 | 8:30 AM - 11:00 AM

Questions? Email Treasurers@bernco.gov

Estate Planning

Join the Senior Citizens' Law Office for a presentation on Estate Planning. Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-probate transfers, etc.).

Thursday, November 5th

10:00 am - 12:00 pm



November Birthday Celebration

Come enjoy a sweet treat and celebrate our November birthdays!

Tuesday, November 17th

1:00 pm



Sharing Gratefulness

There is so much to be thankful for in life! Let's write about it & talk about it, while enjoying a

Rootbeer Float.

Thursday, November 19th

10:00 am



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



Pre-Thanksgiving Lunch

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



Wednesday, November 25th 11:30 am - 1:00 pm.

Reservations Due: Tuesday, November 24, by 1 p.m.

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 12th
10:30 am - 12:30 pm

Flea Market

Come shop our wonderful Flea Market! We have 16 vendors that have great treasures just waiting for you!

Every Thursday (No market Nov. 26)
8:00 am - 11:00 am



Do you have a suggestion?

Our suggestion box is located at the front desk. Drop in a suggestion, concern or ideas for activities.



We will be CLOSED
Thursday, November 26th &
Friday, November 27th
in honor of
Thanksgiving.



Happy Thanksgiving from your Barelás Crew.
We are grateful and thankful to have you here!

Dolores Gonzales Student Visits

Fifth grade students from Dolores Gonzales Elementary School will be visiting our center!

They want to interact, read poems they wrote and talk about what they are grateful for. Please be an encouraging ear to our next generation.

Tuesday, November 17th &

Thursday, November 19th

9:15 am - 10:00 am



Barelás
Holiday Craft Fair

Thursday,
 December 3rd
 8:00 am - 12:30 pm



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, November 17th
3:00 pm - 5:00 pm

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

www.cabq.gov/seniors.



Unabomber

Wednesday, November 4th
 1:15 pm
 Rated R
 DocuDrama

Movie Days



The Breadwinner

Wednesday, November 18th
 1:15 pm
 Rated PG
 Comedy/Family



GEHM Clinic

Wednesday, November 18th
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, November 16, 12:00–1:30 p.m.

Conway Wood Northwest
Multigenerational Center

December – No meeting

Advisory Council webpage:

<https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council>

If you can't make the meeting in person, you can join us online.

Zoom meeting link:

<https://cabq.zoom.us/j/89110160434>



Palo Duro is Under Construction



While Palo Duro is closed for construction, meal service is available at these nearby centers.

Highland Senior Center **Manzano Mesa Multigenerational Center**
 131 Monroe St. NE, 87108 501 Elizabeth SE, 87123
 505-767-5210 505-275-8731

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, November 12th
8:30 am - 9:30 am

Conway Wood Multigenerational Center
10751 Cibola Loop NW, 87114



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 18th
12:30 pm - 4:30 pm



MEDICARE FAIR

EVENT SERIES | take care of your health



Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

*No enrollment is necessary to win.
Personal information will not be disclosed for solicitation purposes.*

LOCATIONS AND TIMES

Bear Canyon Senior Center

- Medicare Event: Oct. 14, 9 - 11 am
- SHIP Counseling: Oct. 21, 9 - 11 am

Highland Senior Center

- Medicare Event: Oct. 15, 9 - 11 am
- SHIP Counseling: Oct. 22, 9 - 11 am

Manzano Mesa Multigenerational Center

- Medicare Event: Nov. 6, 11 am - 1 pm
- SHIP Counseling: Nov. 18, 11 am - 1 pm

Barelas Senior Center

- Medicare Event: Nov. 12, 11 am - 1 pm
- SHIP Counseling: Nov. 19, 11 am - 1 pm



Call **505-764-6400**
for more information

ONE ALBUQUE RQUE senior affairs



MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731



FREE **MOBILE**
food pantry

Mobile food pantry for the community
supplied by Roadrunner Food Bank.

September 18, 2026 2:00PM- 4:30 PM
October 16, 2026 2:00PM- 4:30 PM
November 20, 2026 2:00PM- 4:30 PM
December 18, 2026 2:00PM- 4:30 PM

ONE ALBUQUE RQUE senior affairs



ONE ALBUQUE RQUE

BUILD A HEALTHY FOOD SYSTEM



FALL SIFTING GATHERINGS

WHEN:

Monday, October 26,
4:30 pm to 6:15 pm

Tuesday, November 10,
11:30 am to 1:30 pm

WHERE:

Barelas Senior Center Community Garden, across the street from the senior center, 714 7th SW, 87102.

DETAILS:

<https://www.cabq.gov/compost>



Support Community Composting

Join us to learn about composting, talk to others interested in composting and waste reduction, sign up for the winter drop-off program, and if you are able, help sift finished compost at our community compost site.

No previous experience needed.

Stop by when you can, even if it is just to say hello.





A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us. At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

Anna Sanchez
Director, Department of Senior Affairs





Current Volunteer COP Holder Driving Safety Course

Because Every Safe Driver Makes a Difference

This course is **MANDATORY** for all current volunteer City Operators Permit (COP) drivers!



Course Includes:

- Basic & Advanced Driving Safety Rules
- How to Handle Emergencies
- Safe Driving Habits
- Avoiding Common Mistakes
- Driving Test

October 29th
November 5th & 12th

9am – 1pm

Anderson/Abruzzo Balloon Museum
9201 Balloon Museum Dr NE, 87113

Please call (505)767-5225 to sign up for one of the dates at least 3 days before the session.



HIGHLAND SENIOR CENTER

Thanksgiving Lunch

Join us for food, fun, and fellowship!

DATE	Thursday, Nov. 26, 2026
EVENT TIME	11:00 AM – 1:00 PM
DOORS OPEN FOR SEATING	11:00 AM
LUNCH SERVED	11:30 AM – 12:00 PM
COST	\$4.00 per person
AGES	60 and older
TICKET SALES BEGIN	Monday, Oct. 26, 2026
LOCATION	Highland Senior Center



For more information and to purchase tickets, please contact 505-767-5210.
Must have a current Department of Senior Affairs membership.

Lunch is served 11:30 am - 1 pm Monday - Friday.

Please call 505-764-6436 to make your reservation by 1:00pm the day prior.

**ONE
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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
2	3	4	5	6
Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9	10	CLOSED 11	12	13
Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	VETERANS DAY	Fettuccini Alfredo 4oz w/ Peas 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16	17	18	19	20
Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	Beef w/ Peppers & Onions 2oz Sliced Beets 4oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23	24	25	CLOSED 26	CLOSED 27
Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	Happy THANKSGIVING!	
30	1	2	3	4
Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Combread 1ea Jell-O 4oz 1% Milk 8oz