



Director
Anna M. Sanchez



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www.cabq.gov/seniors

CENTER STAFF

America Bencomo
Center Manager

Janelle Apodaca
Program Coordinator

Catherine Romero
Office Assistant

Johanna Rodriguez
Program Assistant

Laura Baca
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide



Bewitching Bash

Come have a wicked good time
at our Halloween Dance.
Spellbinding music, treats, and
a witchy good time!

*Music by
Antonio Y Los Unicos*

FRIDAY, OCTOBER 31ST

1:30 - 4:00 PM

\$3

Come in **FULL Costume** to get in
free.

Casa Flamenca Performance

Casa Flamenca is proud to bring you internationally
recognized flamenco artists including featured resident
artists from around the world! Don't miss this special
performance!

**Friday, October 10th
10:00 am**



Trick or Treat

Barelas Child Development Center will be Trick or Treating with
us! Come see the preschool little monsters in their costumes
and help hand out candy. (Candy donations welcome!)

**Friday, October 31st
9:30 am**



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



Accredited by
National Institute of
Senior Centers



**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, September 17th 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 2:15 - 3:15 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

October 3rd

Peter Vigil & The All-Star Band

October 10th

De Luz

October 17th

Paul Pino & The Tone Daddies

October 24th

Latin Soul

October 31st

Antonio Y Los Unicos



Trips

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

ABQ Grecian Festival

Friday, October 3rd

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

Lunch at your own expense

\$2 Fee

Lunch Out on the Town:

Casa Benavidez

Tuesday October 14th

Check In: 10:45 am Return 2:00 pm

Lunch at your own expense

Prime Time 50+ Expo

Wednesday, October 8th

Check In: 8:15 am Return 12:30 pm

Jemez Fall Colors

Wednesday, October 22nd

Check In: 8:00 am Return 4:30 pm

Pack a lunch



Flea Market

Come shop our wonderful
Flea Market!



We have 16 vendors that have great
treasurers just waiting for you!

Every Thursday

8:00 am - 11:00 am



Look Autumn Awesome!

It's Autumn and time for a change! Start the
season out right with a new haircut. Aveda
Institute students are offering Fall haircuts for only
\$5.

Sign up at the front desk.

Friday, October 24th

9:45 am

\$5 + tip

 Aveda INSTITUTE



Breakfast & Lunch

Reminder that Breakfast is from

8:00 am - 9:00 am.

Please remember to make your lunch
reservations by 1:00 pm the day before.

This applies to all centers

Do you have medication questions?

UNM Pharmacy students will be here to
answer any questions you may have about
your medications.



COLLEGE
OF PHARMACY

Tuesday, October 21st

8:30 am - 12:00 pm



We will be CLOSED
Monday, October 13
in honor of
Indigenous People's Day.



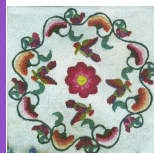
Colcha Embroidery

Come enjoy and learn the beauty of
Colcha Embroidery. All levels are
welcome!

Friday, October 24th

1:00 pm - 3:30 pm

Every 4th Friday of the month



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
AAARP Members \$25 for non-AAARP Members (
Checks or Money Orders ONLY Accepted).
Sign up at the front desk or call 505-764-6436

Wednesday, October 15th



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, October 7th

10:00 am



29th Annual
PRIME TIME
MONTHLY MAGAZINE
50+
EXPO

Don't miss...

The Largest Health Fair in New Mexico!

- Free Event -

Wednesday, October 8th 2025!

8:30AM - 1PM at Embassy Suites (Lomas & I-25)

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Free Health Information and Screenings •
Free Flu Shots Live Entertainment • Giveaways and
Much More!

BROUGHT TO YOU BY
PRESENTING SPONSOR



AND



Call 505-242-2428 or Visit PrimeTimeNM.com

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, October 9th
10:30 am - 12:30 pm



Superman

Wednesday, October 8th

1:15 pm

Rated PG-13

Action/Drama

Movies Days



How to Train Your Dragon

Wednesday, October 22nd

1:15 pm

Rated PG

Action/Adventure



GEHM Clinic

Tuesday, October 21st & Wednesday, October 22nd

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, October 20th at noon

Highland Senior Center-131 Monroe NE, 87108



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

October Birthday Celebration

Come enjoy a sweet treat and celebrate our October birthdays!

Tuesday, October 21st

1:00 pm



Is there a new class or group you would like to start at Barelas?

Do you have a special talent you want to share? Would you like to start a book club, have a jam session, or do arts and crafts? We are always looking for new leads for classes or groups. Contact Janelle if you want to help out or call 505-764-6436

Main Garden Tour

Come take a tour of our main garden. Come see what's growing & get garden tips!



Mondays in October
9:00 am - 10:00 am



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 29 Chicken Fajitas w/ 4oz Salsa 2oz Ranch Beans 4oz Flour Tortilla 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 30 Beef Stroganoff w/ 3oz Elbow Pasta 3oz Cauliflower w/ 3oz Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ 4oz Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ 3oz Brown Rice 2oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ 4oz Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ 3oz Garlic Butter 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 2oz Stewed Tomato 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 



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

Word list:

BONE	GOBLIN	NIGHT	SPIDER
BOO	GRAVE	OCTOBER	SPOOKY
CANDY	GRAVEYARD	PUMPKINS	TREAT
CAT	HALLOWEEN	TRICK	VAMPIRE
COSTUME	HAUNTED	SCARE	WEREWOLF
DRACULA	MONSTER	SCREAM	WITCH
GHOST	MOON	SKELETON	ZOMBIE



There are three Sudoku rules:
Firstly, each row must contain the numbers 1-9 exactly once each.

Secondly, each column must contain the numbers 1-9 exactly once each. Lastly, each 3×3 box must contain the numbers 1-9 exactly once each.

That's it!

	2	7	5	1		6		
	8					4	5	
							3	
5	7	9	2					
1			7	9	3			2
					8	7	9	4
	9							
	6	3					4	
		5		3	9	8	2	