

Barelas Senior Center



Director
Anna M. Sanchez



714 Seventh St SW
Albuquerque, N.M 87102
505-764-6436

www.cabq.gov/seniors

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,

Anna Sanchez, Director
City of Albuquerque Senior Affairs



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
Crochet with Rafaelita- Thursday 10:30 am -1:30 pm

Dance/Exercise

Line Dance Starter- Monday
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
Yoga - Thursday 9:00am-10:00 am
Tai Chi for Health - Thursday 1:15pm -2:15pm
Tai-Chi Qigong- Monday 2:30pm -4:30 pm

Language

Italian - Thursday 1:30pm-2:30pm

Dance to Live Music

\$3/person

Fridays

1:30 pm -4:15 pm



October 1	Milagro
October 8	Impresion
October 15	De Luz
October 22	La Raza
October 29	Tino's Band



Flea Market with Music: Jim's Nite Train

50's, 60's and NM Music
Thursday
8:30 am- 11:00 am

GEHM Clinic

Tuesday, October 5th & Wednesday, October 20th

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.

Senior Citizen Law Office

Scams and Identity Theft

Join Senior Citizens' Law Office to learn about spotting and avoiding scams and identity theft. Topics will include; why scams succeed, common types to beware of, and tips to help protect yourself against fraud and identity theft.

Wednesday, October 6th

10:00 -11:30 am

Call 505-265-2300 to register



October Birthday Celebration

Tuesday, October 19th 1:00 pm

Sponsored by Oak Street Health

2nd Annual Pool Tournament Returns!

The Department of Senior Affairs 2nd Annual Pool Tournament returns November 16, 2021 from 9am-5pm. This annual event is hosted by Los Volcanes Senior Center, and welcomes members from all senior and multigenerational centers. There is a \$10.00 entry fee and space is limited. Call 505-767-5999 to register or for more information. A special thank you to our sponsors, Prime Time Publishing and Harmony Home Health.

Barelas Senior Center

will be CLOSED Monday, October 11th
for
Indigenous People's Day



Advisory Council Meeting

Monday, October 25

Noon-1:30pm

Palo Duro Senior Center

5221 Palo Duro NE 87110

Senior Meal Site Transportation Program

Seniors can request daily pick up from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.

Senior Tech Help Line

Senior Affairs, in partnership with Adelante's DiverselT program, have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up?

Call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for your tech help needs!

Breakfast Menu

8:00am – 9:00am / Monday – Friday

A-la-Carte

Egg (over medium, over hard, scrambled, egg whites)	.25
2 pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Waffle (Wednesday) Plain \$1.00 or w/strawberries & cream	1.50
Toast or Tortilla	.20
Hash Browns	.30
Hot Cereal w/milk	.70
Side of Chile (Red) or (Green)	.25
Egg Muffin Sandwich	1.00
Biscuits & Gravy (Thursday)	1.00
Huevos Rancheros (Friday)	1.50

Full Breakfast

2 eggs, 2 pieces of bacon or sausage \$ 1.50

Mini Breakfast

1 egg, bacon or sausage, hash browns, toast or tortilla \$0.75

Breakfast Burrito

1 egg, bacon or sausage, hash browns \$ 1.50

(Chile optional) Red or Green

Drinks

Orange Juice or Milk	.25
Coffee	.30