



Director
Anna M. Sanchez



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

Vacant
Program Assistant

Laura Molina
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide



UNM Shot Clinic & Health Screenings

Every year during American Pharmacists Month, student pharmacists from The University of New Mexico reach out to provide free health care services to the community. From health education and flu shots to health screenings, these students strive to help you champion your health.

Friday, October 16th

9:00 am - 1:00 pm



**COLLEGE
OF PHARMACY**



Barelas State Fair Winners!

Congratulations to three of our members from the *Barelas Tin Punching* class! These talented members took home ribbons from the

New Mexico State Fair!

Anita Chavez, Thomas Lujan & Steve Tafoya were all awarded for their beautiful work displayed at the Hispanic Arts Building! We are so proud of the amazing work our art groups create at Barelas.

Come check out our creative classes.



Activities

Arts and Crafts



Art Journeys - Monday 10:30 - 11:30 am
 Coloring Group - Thursday 12:30 pm
 Colcha Embroidery - Third Monday of the Month 1:00 - 3:30 pm
 Crochet w/Roland - Tuesday 10:00 - 11:00 am
 Crochet w/Rafaelita - Thursday 10:30 - 1:00 pm
 Ceramics - Mondays & Wednesdays 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 & Thursday 10:30 - 11:30 am
 Yoga - Thursday 9:00 - 10:00 am
 Yang Tai Chi - Wednesday 9:00 - 10:00 am

Garden

Main Garden open daily.

Greenhouse Garden hours will vary by volunteers.

Garden Meeting: October 21st 10:00 am

Learning

Bible Study - Wednesday 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

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

Beginner Guitar - Monday 10:00 - 11:00 am
 Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm

Dance to Live Music

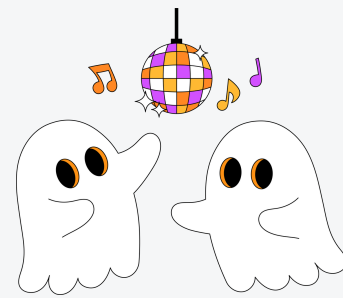
\$3/person

Fridays

1:30 pm - 4:00 pm

October 2nd
 October 9th
 October 16th
 October 23rd
 October 30th

Chili Beans Express
 Sunset Rhythm
 La Raza
 Bosque Fire
 Southern Trail



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.

ABQ Grecian Festival

Friday, October 2nd

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

\$2 Entry Fee

Lunch at your own expense



Lunch out on the Town: Hong Kong Buffet

Tuesday, October 6th

Check In: 10:45 am Return: 1:30 pm

Lunch at your own expense

Prime Time Expo

Tuesday, October 20th

Check In: 8:10 am Return: 12:00 pm

Lunch reservation

Trick or Treat

Preschool monsters and ghouls will be visiting and trick or treating with us. Come see them in their costumes and help hand out candy!

(Candy donations welcome!)

Friday, October 30th

11:15 am



NEW

Pottery Class

New Pottery class starting this month!
All levels are welcome.

Sign up at the front desk or call

505-764-6436 and get a list of needed supplies.



Starts Thursday, October 1st

10:00 am - 12:00 pm

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, October 22nd

8:30 am - 9:30 am

North Domingo Baca Multigenerational Center

3825 4th Street NW, 87107



Medicaid for Long-term Care

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 6th

10:00 am

October Birthday Celebration

Come enjoy a sweet treat and celebrate our October birthdays!

Tuesday, October 20th

1:00 pm



Get Out and Vote

It's election time! It's important to make your vote count! If you would like a ride to cast your vote sign up to go with us!

Thursday, October 22nd

10:00 am



Don't Get Tricked by a Scammer!

Criminals are Cunning, Learn to Outsmart Them.

Join us for a Scam Jam: Don't let scammers trick you out of your hard-earned money. This fraud prevention fair will feature a variety of organizations that will share information and resources to stay one step ahead of criminals, so you won't get spooked next time scammers come to call.

Hear from experts about current and emerging scams, how to spot red flags, and practical steps to protect your money. Visit with organizations that deal with fraud prevention on a regular basis at a special resource fair, giving you the information, tools and resources you need so you can protect your finances and won't get ghosted.

CNM Workforce Training Center (WTC)

5600 Eagle Rock Avenue Northeast,

Albuquerque, NM 87113

Light refreshments and lunch will be served

Thursday, October 29th

9:00 am - 1:00 pm



For questions, contact Othiamba Umi at

oumi@aarp.org

To Register Visit:

<https://events.aarp.org/scamjam2026>

We will be CLOSED

**Monday,
October 12th
in honor of
Indigenous
Peoples' Day.**



Fall Facial

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, October 13th

Check In: 10:10 am



Autumn Hair is calling!

It's time to update your look for Fall!

Aveda Institute students are offering new stylish haircuts for only \$5.

Sign up at the front desk.

Tuesday, October 13th

Check In: 10:10 am

 Aveda Institute

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 8th

10:30 am - 12:30 pm



Pressure

Wednesday, October 14th

1:15 pm

Rated PG-13

War/DocuDrama

Movie Days



Disclosure Day

Wednesday, October 28th

1:15 pm

Rated PG-13

Sci-Fi/Mystery



GEHM Clinic

**Wednesday, October 21st
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.

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, October 21st

12:30 pm - 4:30 pm



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



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

www.cabq.gov/seniors.

Advisory Council Meeting

Monday, October 19, 12:00–1:30 p.m. – Barelvas Senior Center

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>

30 Years!

30th ANNUAL

PRIME TIME 50+ EXPO

Join us as we celebrate 30 incredible years of the 50+ Expo!
Bigger, Better, and Now at the Newly Renovated Museum of Natural History & Science!

Tuesday, October 20th 2026!
8:30AM - 1PM at the
Museum of Natural History & Science

- FREE EVENT -

Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



AND



For More Info Contact:
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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 ALBUQUERQUE

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 ALBUQUERQUE senior affairs



NM COLLEGE OF PHARMACY

Community Outreach Day

Friday, October 16 | 9 a.m. - 1 p.m.

FREE SERVICES

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE, Albuquerque, NM 87113
(Flu Vaccines, Screenings, Education)

Manzano Mesa Multigenerational Center

501 Elizabeth St SE, Albuquerque, NM 87123
(Flu Vaccines, Screenings, Education)

Barelas Senior Center

714 7th Street SW, Albuquerque NM 87102
(Flu Vaccines, Screenings, Education)

Los Volcanes Senior Center

6500 Los Volcanes NW, Albuquerque, NM 87121
(Flu Vaccines, Screenings, Education)

Healthcare for the Homeless

1217 1st St SW, Albuquerque, NM 87102
(Flu Vaccines Only)

ALL ARE WELCOME!

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!



cabq.gov/seniors



HONORING OUR VETERANS

The City of Albuquerque Department of Senior Affairs is proud to recognize
the veterans in our community and honor their service to our nation.

BE PART OF DSA'S VETERANS WALL OF HONOR
Veterans are invited to have a **complimentary professional portrait** taken for inclusion in our Veterans Wall of Honor, proudly displayed at participating Department of Senior Affairs centers.

NORTH VALLEY SENIOR CENTER
THURSDAY, OCTOBER 8TH FROM 9:00 AM - 11:00 AM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER
FRIDAY, OCTOBER 9TH FROM 10:30 AM - 12:30 PM

BARELAS SENIOR CENTER
TUESDAY, OCTOBER 13TH FROM 9:00 AM - 11:00 AM

HIGHLAND SENIOR CENTER
WEDNESDAY, OCTOBER 14TH FROM 11:00 AM - 1:00 PM
PLEASE SIGN UP AT THE FRONT DESK



THANK YOU FOR YOUR DEDICATION,
YOUR SACRIFICES AND YOUR SERVICE



For Eligible Seniors!! Para Personas Mayores Elegibles!!
www.RailYardsMarket.org



Do you have Seniors & kiddos in your household? You may be eligible for the Rail Yards Market's FREE Veggie Box home-delivery program!

Sign up now at ==> www.RailYardsMarket.org

MENU

MONDAY - FRIDAY

8:00AM - 9:00AM

BREAKFAST

Full Breakfast	\$4.00
2 Eggs, 2 Bacon Strips or 2 Sausage Patties, Hash Browns, Flour Tortilla or Toast, Butter/Jelly	
Mini Breakfast	\$3.00
1 Egg, Bacon Strip or Sausage Patty, Hash Browns, Flour Tortilla or Toast, Butter/Jelly	
Breakfast Burrito	\$4.00
Eggs, Hash Browns, Bacon or Sausage, Cheese, Red/Green Chile, Flour Tortilla	
English Muffin Sandwich	\$3.00
1 Egg, Bacon or Sausage Patty, Cheese, Muffin	
No Egg Option: Bacon or Sausage Patty, Cheese, Muffin	\$2.00
Breakfast Taco	\$2.00
Eggs, Potatoes, Cheese, Tortilla	
Oatmeal	\$1.00
Butter and Sugar	
Beverages	\$0.50
Orange Juice, Milk, or Tea (Coffee is Complimentary)	

Tuesdays and Fridays Only

Huevos Rancheros	\$5.00
2 Eggs, Beans, Cheese, Corn Tortillas, Red/Green Chile	

Red and green chile are available upon request (limit of two servings).
Breakfast service is for seniors ages 50 and older only.



CABQ.GOV/SENIORS

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
ALBUQUE
RQUE**

OCTOBER



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
 28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	 29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	 30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	 1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	 2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
 5 Chicken Fajitas w/ Salsa 3oz 1pc Pinto Beans 4oz Flour Tortillas 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	 7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	 8 Mac & Cheese w/ Broccoli 4oz 1oz Steamed Cauliflower 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 CLOSED 12 INDIGENOUS PEOPLES' DAY	 13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	 14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	 15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	 16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
 19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	 20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	 21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	 22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	 23 New Mexican Grown Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
 26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	 27 Chicken Pot Pie w/ Biscuit 5oz 1ea Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	 28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	 29 Cheese Omelet w/ Spinach 3oz 2oz Stewed Tomato 4oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz