



Director
Anna M. Sanchez

714 Seventh St. SW
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505-764-6436
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

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER
2025

9 am -
3 pm

714 Seventh St SW 87102



ONE
ALBUQUERQUE

United
Healthcare

ENGAGE
with 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
ALBUQUERQUE
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

Painting from the Heart - Wednesday 9:00 - 11:30 am

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

Beginner Guitar- Monday 1:00 pm - 2:00 pm

Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

September 5th

September 12th

September 19th

September 26th

Fiesta Day

Los Hermano

Rio Grande Express

La Raza



Trips

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

NM State Fair

Monday, September 8th

Check In: 8:45 am Return 3:30 pm

Lunch at your own expense



Hays Honey Farm

Wednesday September 17th

Check In: 9:10 am Return 2:00 pm

Lunch at your own expense

Rail Road Days

Saturday, September 27th

Check In: 9:00 am Return 2:30 pm

Lunch at your own expense



Prime Time 50+ Expo

Wednesday, October 8th

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



Basics of HOA's, Liens & Mortgage Foreclosure

Join Senior Citizens' L

aw Office for a presentation on: The Basics of HOAs, Liens & Mortgage Foreclosure.

Please sign up in advance at the center or call 505-764-6436.

Thursday, September 18th

9:30 am



We will be CLOSED
Monday, September 1st in
honor of Labor Day.



Fall for a new look!

It's Fall 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.

Wednesday, September 17th

9:45 am

\$5 + tip



September Birthday Celebration

Come enjoy a sweet treat and celebrate our June birthdays!

Tuesday, September 16th

1:00 pm



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.

Tuesday, September 9th

3:00 pm - 5:00 pm



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-AARP Members (Checks or Money Orders ONLY Accepted).

Sign up at the front desk or call 505-764-6436

Wednesday, September 17th



Where we are today & what we can do.

In this talk, local author Joe Abbin will talk about safety and what you can do for your personal safety.



Thursday, September 11th

10:30 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, September 11th

10:30 am - 12:30 pm



THURSDAY

SEPTEMBER 4TH

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.



Come join us!



Main Garden Tour

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



Mondays in September

9:00 am - 10:00 am



Lunch Reservations

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



Wednesday, September 10th

1:15 pm

Rated R

Comedy/Drama

Movies Days



Wednesday, September 24th

1:15 pm

Rated PG-13

Action/Drama



GEHM Clinic

Wednesday, September 17th





















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, September 15th at noon

Manzano Mesa Multigenerational Center-501 Elizabeth SE, 87123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1	2	3	4	5
	Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	Green Chile Vegetable Posole 4oz Carrots 4oz Cornbread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	Beef Tips w/ Gravy 3oz Bowtie Pasta 1oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8	9	10	11	12
Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15	16	17	18	19
Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	Chili Bowl 4oz Succotash 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 	Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22	23	24	25	26
Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



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.



PUBLIC HEARING

**PUBLIC COMMENT:
CITY OF ALBUQUERQUE/BERNALILLO COUNTY
AREA AGENCY ON AGING
OLDER AMERICANS PROGRAM
FOR THE PERIOD
JULY 1, 2026 TO JUNE 30, 2030**

The City of Albuquerque/Bernalillo County Area Agency on Aging and the Older Americans Advisory Council will conduct a public hearing regarding the City of Albuquerque/Bernalillo County Older Americans Program. The Older Americans Program provides resources and services for persons age 60 and over and their caregivers in Bernalillo County.

During the hearing, comments will be solicited from senior citizens, their caregivers and other interested individuals and organizations on services to be funded with federal, state and local resources. Discussions will also be held on the City's request to the New Mexico Aging and Long-Term Services Department to implement a waiver for the City to directly provide services funded through the City of Albuquerque/Bernalillo County Older Americans Program Area Plan and permission to implement grab-and-go meals under certain circumstances.

The hearing is scheduled as follows:

**Manzano Mesa Multigenerational Center
501 Elizabeth SE
Albuquerque, NM 87123
Wednesday, September 3, 2025
10:00 a.m. - 11:00 a.m.**

Persons with hearing and/or sight impairment and those who require special assistance to participate in the public hearings, please contact Collette Baldwin at 505-768-2084 or New Mexico Relay Services at 1-800-659-1779 or TTY at 1-800-659-8331.



YOU HAVE THE POWER TO PREVENT A FALL

FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM

will conduct falls risk screenings including balance tests, foot health, medication review, home safety and more. Paramedics from the ABQ Fire Dept. HEART program will teach how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.

When

Friday, September 19, 2025
8:30 am to 12:00 pm

Where

North Domingo Baca
Multigenerational Center
7521 Carmel NE 87113



Brought to you by the City of Albuquerque Department of Senior Affairs Sports & Fitness Program, New Mexico Adult Falls Prevention Coalition, OASIS Albuquerque, New Mexico Department of Health, and Albuquerque Area Southwest Tribal Epidemiology Center. For more information about Falls Prevention, go to ncoa.org/FallsPrevention.