

Barelas Senior Center



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

Tracy Garcia
Program Assistant

Laura Molina
General Service Worker

Jose Olivas
Cook

Cynthia Garcia
Kitchen Aide

National Senior Center Month

We are celebrating
National Senior Center Month!
Here at Barelas we are so happy that
our seniors enjoy learning, exercising,
socializing, and just sharing time at
our center. All our other centers do a
great job making our community a
wonderful place to be a senior!

Come stop by and enjoy a Sundae
with us to celebrate!



Tuesday, September 22nd
10:30 am

Fraud & Scams Seminar

- ✓ Identity Theft
- ✓ Understanding Red Flags
- ✓ Prevention Is Key
- ✓ Available Resources

You're invited: A free financial resource built to empower

Cyber criminals exploit vulnerable individuals using advanced engineering tactics. Knowledge is key to defense. Join us for a free workshop to learn tools that will help protect you from cyber threats.

Barelas Senior Center
Wednesday, September 30th
10:30 - 11:30am
714 7th St SW
Albuquerque, NM 87102

Call us to sign up for the seminar **505-764-6436**

THURSDAY
SEPTEMBER 10TH
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!

DIABETES AND HEART HEALTH PRESENTATION

Join the New Mexico Department of Health for an informative presentation on preventing the onset of type II diabetes and maintaining cardiovascular health!

WEDNESDAY, SEPTEMBER 9th
10:30 a.m. - 11:30 a.m.

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



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.



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
 Tai Chi - Wednesday 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: September 16 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

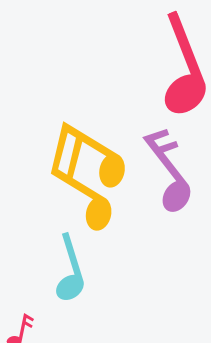
\$3/person

Fridays

1:30 pm - 4:00 pm

September 4th
September 11th
September 18th
September 25th

De Luz
Paul Pino & The Tone Daddies
Rio Grande Express
Milagro



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.

Senior Day at NM State Fair

Monday, September 14th
Check In: 10:20 am Return: 4:00 pm
Lunch at your own expense



Fall Prevention at North Domingo Baca

Friday, September 18th
Check In: 8:00 am Return: 12:30 pm
Lunch reservation

Origami In the Garden in Cerrillos & Lunch

Tuesday, September 22nd
Check In: 8:20 am Return: 1:00 pm
\$10 Suggested Donation.
Lunch at your own expense

National Hispanic Cultural Center & Lunch

Wednesday, September 30th
Check In: 10:00 am Return: 2:30 pm
Lunch at your own expense



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 15th

3:00 pm - 5:00 pm

Landlord - Tenant Law In New Mexico

Join Senior Citizens' Law Office to learn about the obligations and rights of landlords and tenants.
Note: the presenter will only be able to answer general questions, and cannot give personal legal advice.



Tuesday, September 15th

9:30 am



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, September 24th

8:30 am - 9:30 am

Los Volcanes Senior Center
6500 Los VolcanesNW, 87121



25 years Later

We will be honoring the 25th Anniversary of 9/11, by screening a short film from the 9/11 Memorial & Museum.



Friday, September 11th

10:30 am

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, September 16th

12:30 pm - 4:30 pm



Do you like to sing?

The Spanish Guitar Jam Group needs singers to join their jam sessions. Come share the gift of song with us!



Fridays

10:00 am - 11:30 am



September Birthday Celebration

Come enjoy a sweet treat and celebrate our September birthdays!

Tuesday, September 15th

1:00 pm



Come help our gardens!

Our gardens are in need of support! Even if you don't have a green thumb, you can contribute. No amount of time and help is too small! Come learn more about our beautiful gardens.



Wednesday, September 16th

10:00 am



**We will be
CLOSED
Monday,
September 7th
in honor of
Labor Day.**



Fall Facial

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

Tuesday, September 8th

Check In: 9:40 am

Aveda Institute



Is your hair ready for Fall?

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, September 8th

Check In: 9:40 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, September 10th

10:30 am - 12:30 pm



Voicemails for Isabelle

Wednesday, September 9th

1:15 pm

Rated PG-13

Romance/Comedy/Drama

Movie Days



The Sheep Detective

Wednesday, September 23rd

1:15 pm

Rated PG

Comedy/Mystery



GEHM Clinic

Wednesday, September 16h

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, September 21, 12:00–1:30 p.m. – North Domingo Baca Multigenerational Center
Monday, October 19, 12:00–1:30 p.m. – Barelbas 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>

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 strength and balance tests, foot health, medication review, home safety, vision, and more. Learn 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 18, 2026
8:30 am to 12:00 pm

Where

North Domingo Baca
Multigenerational Center
7521 Carmel NE
Albuquerque, NM 87113



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

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

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.



SEPTEMBER

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
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	 8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	 9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	 11 Chile Bowl /Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
 14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 16 Lemon Pepper Pollock 3oz Buttered Noodles 3oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	 18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
 21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	 22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	 23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	 24 <i>Anti-Inflammatory</i> Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	 25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
 28 Green Chile Chicken 4oz 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



ABQ: September 2026

Free 1-on-1 Tech Coaching!

Sign up, bring your phone or computer and your questions!

- Palo Duro Senior Center.....Wednesday, Sept. 2 @ 3:00-5:00p
- Bear Canyon Senior Center.....Friday, Sept. 4 @ 3:00-5:00p
- North Domingo Baca Center.....Friday, Sept. 11 @ 2:00-4:00p
- Santa Barbara Martineztown...Monday, Sept. 14 @ 2:00-4:00p
- Barelas Senior Center.....Tuesday, Sept. 15 @ 3:00-5:00p
- Manzano Mesa Center.....Monday, Sept. 21 @ 2:00-4:00p
- Los Volcanes Senior Center.....Thursday, Sept. 24 @ 3:00-5:00p
- North Valley Senior Center.....Friday, Sept. 25 @ 1:00-3:00p
- Highland Senior Center.....Wednesday, Sept. 30 @ 3:00-5:00p

RSVP with your Albuquerque center above, or contact Teeniors with any questions! teeniors@gmail.com | (505) 600-1297
Learn more about our award-winning work at teeniors.com



Food Drive

Non-Perishable Items

Beans	Peanut Butter
Boxed Meals	Jelly/Jam
Canned Fruit	Sauces
Canned Meats	Soups
Canned Vegetables	Rice
Cereal	Pasta
Condiments	Shelf Stable Milk

Any Pop-Top Single Serve Items

*Please do not donate items that have been opened and ensure all food donations include complete ingredient information. If you donate items in glass containers, be sure they are protected to avoid breakage.

September is Hunger Action Month!

We are collecting non-perishable items to help our community. If you would like to donate, please drop items off at the front desk.

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



Voter Registration

Do you need to register to vote or update any of your voter information? Would you like information on becoming a Poll Official?
Come get all the information you need here!

Thursday, September 10th
9:30 am - 12:30 pm



Bernalillo County