

Barelas Senior Center



Director
Anna M. Sanchez



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

www.cabq.gov/seniors

Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments! I hope you will join us, as we always look forward to visiting with you.

Sincerely,

Anna Sanchez, Director
Department of 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 **Starts September 6th**

Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM

Crochet with Rafaelita- Thursday 10:30 am -1:00 pm

Dance/Exercise

Line Dance- Beginner Wednesday 9:00 am - 10:00 am

Line Dance - High Beginner- Wednesday 10:15am - 11:15 am

Line Dance- Intermediate - Friday 9:30 am - 11:00 am



Cards & Games

Billiards

Cards and Puzzles

Monday-Friday 8:00 am - 5:00 pm

Bingo - Tuesdays 2:00pm - 4:15 pm



Exercise

Pilates- Mondays 8:30 am - 9:30 am

Pickleball - Monday 1:30 pm - 3:30 pm

Senior Aerobics - Tuesday 10:00 am - 11:00 am

Senior Aerobics - Thursday 1:30 pm - 2:30 pm

Yoga - Thursday 9:00am-10:00 am

Tai Chi for Health -Thursdays 1:15 pm - 2:15 pm



Garden

On going garden activities

Language

Italian - Thursdays 1:30 pm - 2:30 pm (Will Resume May 19th)

Spanish - Wednesdays 1:00 pm - 2:00 pm

Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

August 5th

August 12th

August 19th

August 26th

Paul Pino & The Tone Daddie

Milagro

Enchanted Four

Impresion





Landlord-Tenant Law In New Mexico Presentation

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.



Wednesday, August 24th

10:00 am - 11:30 am

Sign up at the front desk

Trips

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

Police Museum

Thursday, August 18th

Check In: 10:15 am Return : 2:30 pm



Santa Rosa Lake State Park

Wednesday, August 31st

Check In: 8:00 am - Return 5:00 pm

Walmart

Monday, August 1st & 15th

Check in: 9:30 am Return : 11:30 pm

Senior Citizen's Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.

Please call 265-2300 for more information and to schedule an appointment.

Thursday, August 11th

10:30 am - 12:30 pm

GEHM Clinic

Wednesday, August 17th

8:30 AM - 11:00 AM



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.

RSVP Advisory Council

Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning.

Council members serve two-year terms. The council meets once a month at the Highland Senior Center. Call 505-767-5225 for more information.

Blue Cross Blue Shield of New Mexico Care Van Events

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10-11am at senior and multigenerational centers. Transportation will be provided. Visit with front desk staff for more information or to sign up and reserve your space today.

Event Dates:

North Domingo Baca Multigenerational Center | Sept 28

Highland Senior Center | Oct 7

Manzano Mesa Multigenerational Center | Oct 20

Los Volcanes Senior Center | Oct 28



**BlueCross BlueShield
of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

Senior Citizen Sock Hop!

We are celebrating Senior Citizen Day with dancing! Put on a poodle skirt, grease up your hair, and put on your dancing shoes!

Music by Paul Pino & The Tone Daddies

Wednesday, August 24th

1:30 pm - 3:30 pm

\$2



Pie Social

Come enjoy a slice of sweet pie!

.75 cents

Thursday, August 25th

10:00 am - 10:30 am



August Birthday Celebration

Come enjoy a piece of cake and great company!

Tuesday, August 16th 1:00 pm

Sponsored by Oak Street Health



Flea Market

Do you have things to sell? We have buyers!

Every **second Thursday of the month**, we will be having a lottery for flea market tables. If you are interested in having a table, you can put your card in the hat!

If you have any questions, contact the front desk.

Thursday, August 11th

11:00 am



Do you want to learn how to paint?

Beginning acrylics painting with instructor, Mike Gillotti will be starting in September.

This is a beginner class learning how to paint on canvas.

Sign up at the front desk and get a list of supplies needed.

Starts Tuesday, September 6th

9:00 am - 12:00 pm



The Gray Man

Wednesday, Aug. 10th

1:15 pm

PG-13



Movies

Cameron Diaz Leslie Mann Kate Upton



The Other Woman

Wednesday, Aug. 31st

1:15 pm

PG-13

FREE COVID-19 Vaccine Shot Clinic

All Ages Welcome, Walk-Ins Accepted

No insurance required - Please bring COVID-19 vaccination card for booster update. If

applicable please bring your Medicare Part B Identification Card

Tuesday, August 23rd

9:00 am - 12:00 pm



Advisory Council Meeting

No Meeting in August

Next meeting in September